

# Secondary School Health Nurse Team Newsletter

## Term 3 Spring 2019

*This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.*



**achieve**  
HEALTHY WEIGHT LOSS  
OXFORDSHIRE



At Achieve Oxfordshire we believe that a healthy family starts in the home. It takes the whole family to get involved for positive changes to have a real impact on a family's health and wellbeing.

As a parent or guardian, you can stride towards a healthier and happier family with Achieve Oxfordshire. We are a healthy weight loss service delivered by the innovative healthy lifestyle provider Thrive Tribe and funded by the Oxfordshire County Council.

We have partnered with leading weight loss providers including Slimming World, WW and Man V Fat to give you **free** access to weight management programmes and ongoing support as you achieve healthy weight loss. Our own 'Lose Weight with Achieve' programme uses valuable tools and skilled coaches to give encouragement throughout your weight loss journey.

To get started today:

Visit our website [www.achieveoxfordshire.org.uk](http://www.achieveoxfordshire.org.uk)

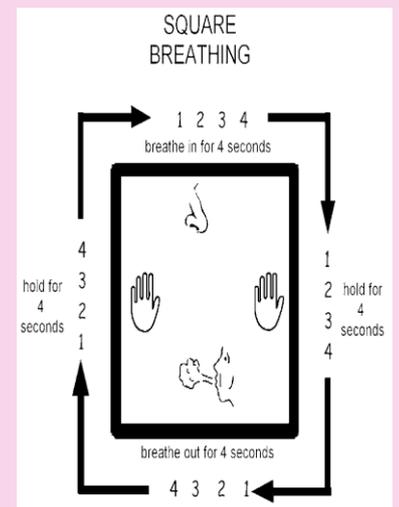
Facebook [www.facebook.com/achieveoxfordshire](http://www.facebook.com/achieveoxfordshire)

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Follow us for motivational tips, healthy recipes, exercise and more!

Looking for further ways to support your family with healthy eating? Sign up to our newsletter to download our free healthy eating resource pack which includes a weekly meal plan with 21 recipes!

Controlling your breathing can help you cope with stress



Square breathing is a technique in which you visualize tracing the lines of a square with each inhale and exhale. It is helpful for anxiety and stress relief because it helps to calm and regulate the autonomic nervous system which is involved in our responses to stress.

## Year 9 Tetanus, diphtheria, Polio and Meningitis Immunisations

The immunisation dates agreed for **Name of school** **DATE**

**Children absent or unwell on the day, will be offered an alternative date.**

### Immunisation Guidance

Please discuss the immunisations with your child, sign the consent form and return the form to school within 7 days.

Your child's immunisation history is recorded in their child health record 'red book' and available from your GP surgery. If your child has allergies, medication or had any recent vaccinations please give details on the consent form.

**On the day of immunisation** encourage your child to have breakfast, wear a short sleeve shirt and to ask the nurse if they have any questions. All students will receive a copy of the consent form or a card with a record of the immunisations given, please keep this with your medical information for future reference.



#### Your School Nurse:

Caroline Smith

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### Sugar intake and young people

UK children are consuming around 13 cubes or 52g of sugar a day, says Public Health England, based on results from the **National Diet and Nutrition Survey**. Too much **sugar** is bad for children's health as it can lead to the build-up of harmful fat. This fat can cause weight gain and serious diseases. Cases of type 2 diabetes in the UK has risen 41% in the last 3 years.

Half of the sugar in children's diet comes from sugary drinks, sweets, biscuits, cakes, puddings, sugary breakfast cereals and higher-sugar yoghurts and puddings.

Making such swaps every day could remove around 2,500 sugar cubes per year from a child's diet, by swapping chocolate, puddings, sweets, cakes and pastries for healthier options such as malt loaf, sugar-free jellies, lower-sugar custards and rice puddings would reduce their intake even more, according to Change4life

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Website <https://www.nhs.uk/change4life/cutting-back-sugar>



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<https://www.facebook.com/oxschoolnurses/>

Visit our website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

### Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health. Single Point of Access (SPA): **01865 902515**

<http://OXME.Info/cms/> – Excellent information site for young people in Oxfordshire