

Secondary School Health Nurse Newsletter

Term 2 November 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.



NEW - ON LINE CONSENT FORMS

We have gone paperless!

For all the school-based immunisation programmes including Tetanus, diphtheria and inactivated polio (Td/IPV), Meningitis ACWY and Human Papilloma Virus (HPV) consent will now need to be completed on line.

All parents/carers will receive an email from their child's school, with all the information required to complete the new process, on your mobile, laptop or iPad – so quick and easy!

The secondary school immunisation programme starts in January and your school will be sending you an email in the New Year if your child is in Year 8 or Year 9. If you have any problems accessing the Consent Form please call the Immunisation Team Office on 01865 904890 or email ImmunisationTeam@oxfordhealth.nhs.uk



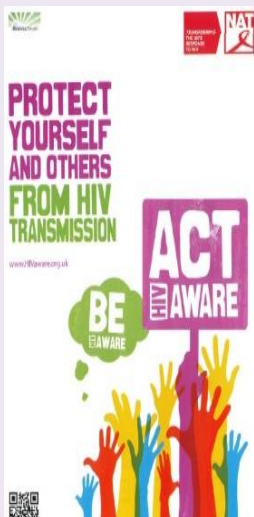
**EVERY MIND
MATTERS**

When stress, anxiety, low mood or poor sleep happen, **Every Mind Matters** could help. Take our quiz for Your Mind Plan, expert advice and practical tips.

GET YOUR MIND PLAN

Take our quiz to get your free plan, designed to help you feel more in control, deal with stress and anxiety, boost your mood and improve your sleep.

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>



This year, the theme of **World Aids Day** on December 1st is supporting those with a HIV diagnosis deal with any stigma, alienation and loneliness they may experience.

The National Aids Trust, the campaign lead organisation, have created a [detailed guide to tackling stigma](#) that cites awareness as being a crucial component of tackling the issue.

<https://www.worldaidsday.org>



<https://www.gingerbread.org.uk>

Gingerbread, the charity for single parent families provide expert advice and practical support for single mums and dads in England and Wales.

This month – we recommend for improving the whole family's oral health Brush DJ!



www.BrushDJ.com

Brush DJ plays two minutes of your music, so you brush your teeth for the right amount of time!

Download this NHS approved APP

Health and Care Oxfordshire APP

The 'Health and Care Oxfordshire' app helps people choose and access the right local NHS service such as pharmacies, GPs or minor injuries units when they feel unwell or need advice. The app also points people to the support provided by adult social care.

Download the app as usual or click the links below:

<http://bit.ly/iphoneappchoosewell> or
<http://bit.ly/androidappchoosewell>

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**



Caroline Smith 07717661485 or 01865 904225

The School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

School Nurse Facebook page <https://www.facebook.com/oxschoolnurses/>

SEND (Special Educational Needs/Disabilities) Local Offer Information:

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

School Attendance guidance on illness

<https://www.oxfordshire.gov.uk/residents/schools/school/attendance#paragraph>

Dentist -For help with finding an NHS dentist please phone the Oxford Health Dental Helpline on: **08000 113 824 or 01865 337 267**. For general enquiries email: dental@oxfordhealth.nhs.uk



ARE YOU OK?
DO YOU FEEL SAFE?
DO YOU NEED HELP?

Oxfordshire Domestic Abuse Services helps all people affected by domestic abuse, even if you are not currently in a relationship with your abuser.

Our services are free and confidential

0800 731 0055
das@a2dominion.co.uk

A2Dominion Domestic Abuse Services provided in partnership with

Running from the 25th November until 10th December, **16 Days of Action Against Domestic Violence** is a campaign to help businesses take action on domestic abuse and violence

<https://16daysofaction.co.uk/th-e-campaign/>

