

Secondary School Health Nurse Team Newsletter

Term 1 October 2017

This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instill 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.



The role of the School Health Nurse

School Health Nurses work in partnership with school staff to deliver the Healthy Child Programme. All School Nurses employed by Oxford Health NHS Foundation Trust are qualified nurses who have a special interest in working with young people, and have undergone additional specialist training to support children and young people in a school setting. School Health Nurses work closely with teaching staff and pastoral staff to provide support and guidance to students, to help them make healthy lifestyle choices. Based in secondary schools they are ideally placed to offer a range of services with the aim of improving long term health outcomes for young people.

We offer a wide range of services which include; Immunisations in accordance with the UK schedule, support at transitional points in school life, drop in access & individual support, small group work, managing emergency medication within school, supporting the school PSHE curriculum, themed health promotions activities for all school students, referrals and signposting to specialist services and sexual health services for some students.

This is a confidential service, available to all students. Our priority is to safeguard the health and well-being of young people at all times so information will be shared if it is felt the young person, or somebody else is unsafe or at risk of harm.

Further information about the School Health Nurse team can be found on our website:

<http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>

Oxford School Health Nurses are now on Facebook

The page has been running since the beginning of the summer holidays and to date has been viewed by nearly a thousand people! The social media team who manage the page have created a lively and dynamic information set that can inform parents and young people on the services available. We use videos, links to other sites and also create our own media.

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



As well as nationwide public health messages, the page contains local information on events and services parents, carers and young people can access. Our SHN team can see at a 'click' who has seen the page, whether they 'like it' and monitor any responses.

New HPV Schedule Information

The Human Papilloma Virus (HPV) vaccination is part of the NHS school based Immunisation programme in the UK. All girls in Year 8 are offered the immunisation to protect against cervical cancer.



The HPV vaccine consists of two injections given into the upper arm at an interval of between six and twenty four months. In Oxfordshire we are delivering the programme with an interval of 12 months, in line with Public Health England's recommendation. This means that girls will receive one immunisation when they are in Year 8 and a second one when they are in Year 9. Both immunisations need to be given to achieve the best protection. Girls unable to receive their immunisation at the initial school session, due to absence or other reasons, will be invited to a catch up session in school or a local venue. Further information is available at www.nhs.uk/hpv



Childline have launched an app designed by young people for young people. It covers all aspects of mental health issues experienced by children and young people. It provides information on topics such as self-harm, risky behaviours, bullying and many more. In addition to this, it gives you an opportunity to speak to a counsellor online or via a helpline number.

<https://www.childline.org.uk/toolbox/for-me>

It is secure, as you have to provide a password before a counsellor speaks directly to you. It also provides written information and self-help tools on all aspects of mental health. The feedback from the young people who have used it has been positive.

Taking Time Off?

Absence from school is sometimes unavoidable, but frequent absences for minor illnesses may contribute to pupils getting behind with their work, finding friendships difficult to maintain and losing their confidence in the classroom.

When deciding whether or not your child is too ill to attend school, consider:

Is your child well enough to manage school activities?

Does your child have a condition that could be passed on to other children or school staff?

Would you take a day off work if you had this condition?

If your child is too ill to attend school, ensure you're following the school absence policy, and help them get back to school as soon as they are well.

<https://www.oxfordshire.gov.uk/cms/content/absence-due-sickness-school>

Information about managing specific medical conditions in school can be found at:

[http://www.publichealth.hscni.net/sites/default/files/Guidance on infection control in%20schools poster.pdf](http://www.publichealth.hscni.net/sites/default/files/Guidance%20on%20infection%20control%20in%20schools%20poster.pdf)

The School Nurse for St Gregory the Great Catholic School is Ruth Vilella who is usually available 9am-3pm Mon to Fri

If you would like to speak to your school nurse please contact:



Tel: 07789 920687 Email: ruth.vilella@oxfordhealth.nhs.uk or r.vilella@dbmac.org.uk