

# Secondary School Health Nurse Team Newsletter

## Term 2 Autumn 2018

*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.*



Oxfordshire is the least inactive county in the UK!

<https://www.sportengland.org/media/13557/active-lives-adult-may-17-18-report.pdf>

So, continue this happy trend by encouraging your child to do at least 60 minutes a day of aerobic exercise

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

The Family Information Service have details of clubs and activities in Oxfordshire

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home.page>

Sign up to Change4Life for resources and ideas to keep the whole family active!

[www.nhs/Change4life](http://www.nhs/Change4life)



**Help your child get the most from the internet whilst keeping them safe.**



Visit the Think U Know website for useful guidance on supporting your children to use the internet safely.

If you have any concerns regarding who they might be talking to, use this site to get help.

<https://www.thinkuknow.co.uk/parents/>

**LOCAL  
OFFER**  
Oxfordshire

**SEND – Special Educational Needs and Disability**

This is the information and support site for parents and carers with children and young people with special educational needs and disability. It details what special educational needs and disability mean, and how to access help and support.

The link below goes directly to the SEND local offer page:

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special->

### Immunisations at school - Tetanus, Diphtheria and Polio (Td/IPV) and Meningitis strains ACWY

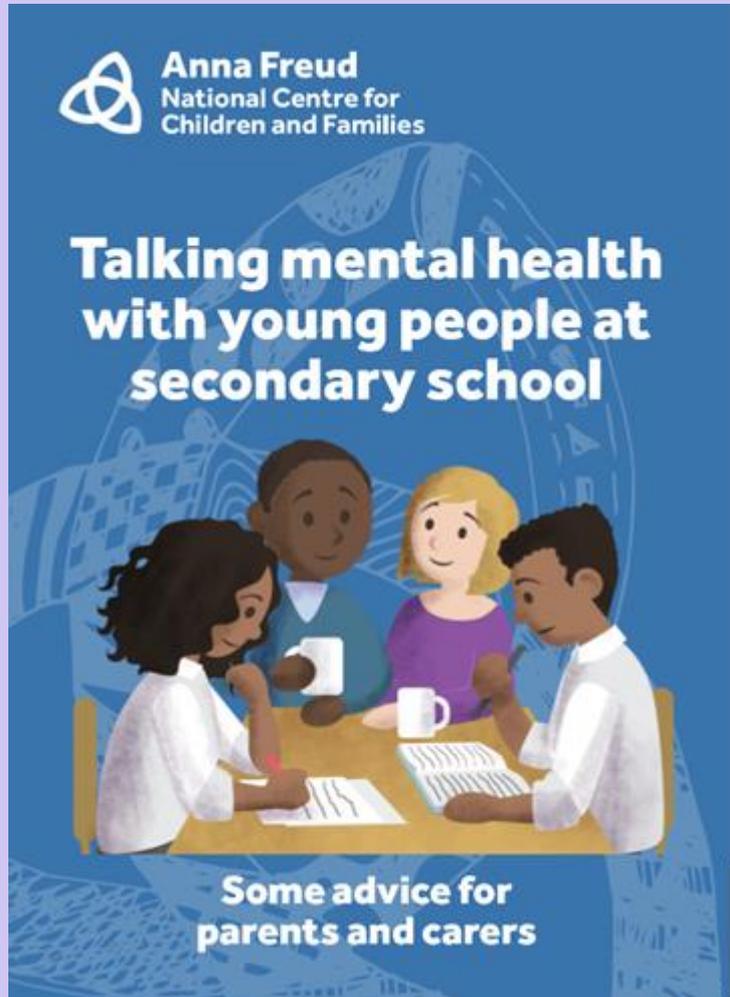
Students in Year 9 will be offered the above immunisations in school from January, this immunisation will complete the Td/IPV course that your child started as a small baby and will offer lifelong protection against these diseases. An additional booster is only usually required if travelling to some countries or if you have had a certain type of injury.

Your child will be given a letter, consent form, and an information leaflet before the immunisation date. Please discuss the immunisations with your child and return the completed consent form to your child's school as soon as possible. Every student needs to return a consent form whether or not they need the immunisation. If your child is absent on the day of immunisation, a follow up visit will be made to your child's school, when they will have a second opportunity to receive the immunisation. If you have any questions, please contact your School Health Nurse, contact details overleaf or email our Immunisation Team on [ImmunisationTeam@oxfordhealth.nhs.uk](mailto:ImmunisationTeam@oxfordhealth.nhs.uk)

Further information on immunisations is available at [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

## Promote good Mental Health

The Anna Freud Centre has produced an excellent resource below on helping your address mental health concerns.



[The parents and carers leaflet](#) has advice and information on how to respond to children and young people who are struggling at school.

It includes links to our Mind Media Award nominated [Child in Mind podcast series](#) on mental health problems, fronted by Radio4s All in the Mind presenter Claudia Hammond.



Each year MOVEMBER is responsible for thousands of mustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate & testicular cancer, mental health and suicide prevention. The SHNs in several schools will be using November to promote the health and wellbeing of male students who are often less likely to access help and support when they need it.

<https://uk.movember.com/>

### 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**

Access more information and advice from their website:

[www.oxfordhealth.nhs.uk/camhs/oxon](http://www.oxfordhealth.nhs.uk/camhs/oxon)

CAMHS will either offer direct support, treatment or recommend other suitable approaches.

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