

Primary School Health Team Newsletter

Term 4 March 2022



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.



ParentLine Text
07312 263227



We are pleased to announce that our new text messaging service for parents/carers of children aged 5-11yrs attending Oxfordshire Primary Schools is now open. Text school health nurses for advice on diet & healthy lifestyles, toileting, sleep, bullying, support with behaviours, or any general or emotional health worry, and receive a prompt response, usually within one working day.

<https://chathealth.nhs.uk/start-a-chat/h/OxfordSchoolHealthNurses>



WORLD
SLEEP DAY
A celebration of
sleep

A solid night's sleep is essential for health and wellbeing, it boosts your immune system, helps prevent anxiety and depression, and allows you to learn.

Avoid using screens before bed, the light they emit can stop you sleeping, and it can be hard to put them down and sleep.

Do relaxing activities instead, read, craft, have a bath, stretch, or listen to music.

Try to go to bed at roughly the same time each day

Primary school age children need 9-12 hours' sleep a night

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>



Is Saturday April 2nd

<https://www.autismspeaks.org/world-autism-awareness-day>

Covid vaccinations for children aged 5- 11years

If you have a query or questions following the recent announcement that Covid vaccinations will be made available for healthy children aged between 5- 11yrs, please email bobcovid.schoolimmsqueries@nhs.net

Bed wetting

Advice and support for bed wetting.

Has your child never been dry at night? Is your child wetting the bed again? Drinking too little is a common reason for bed wetting. Many children do not drink enough fluid each day, if a child does not drink enough their bladder will not be used to stretching adequately to hold the large amounts of urine produced overnight. Too little fluid makes the urine concentrated; this might irritate the bladder and it might need to be emptied more often. This can also make it difficult for children to achieve full control of their bladder. Constipation can also lead to problem switch bladder control. There is help available. Please look at the **ERIC** website www.eric.org.uk or contact your school nurse.

INTERNATIONAL EPILEPSY DAY 26th March

Let's start conversations about epilepsy!

Approximately 600,000 people in the UK have some form of epilepsy.

There are 40 different seizure types

Seizures are caused by a sudden electrical discharge in the brain that causes changes in behaviour, sensation or consciousness.

For more information about living with epilepsy or supporting someone who does:

Living with epilepsy | About epilepsy
(youngepilepsy.org.uk)

Nutrition and hydration Week 14th to 20th of March

We often talk about a healthy balanced diet but did you know it's just as important to make sure we stay sufficiently hydrated too? You may have heard that it's a good rule of thumb that we each drink 6-8 glasses of water a day, but to be specific, 4-8 year olds require 7 glasses of water a day, 9-13 year old should be drinking 9 glasses of water a day, and 14-18 year old need 10 glasses. Hydration is important to keep our bodies and our brains working at their best, so it can make all the difference when it comes to learning and concentration.



Oral Health Day 20th March

Take care of your child's smile

Brushing at least twice daily for 2 minutes with fluoride toothpaste

Use fluoride toothpaste containing between 1,350ppm and

1,500ppm of fluoride

Spit out after brushing, and don't rinse

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**

You can also visit <https://youngminds.org.uk/>

YOUNGMINDS

which has a helpline

family lives

Or visit <https://www.familylives.org.uk/>

Children's Integrated Therapies Services in

Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: **01865 904435** Or visit

https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

Your school health nurse is: **Deb Burdett**



If you would like to speak to your school health nurse, please call: 01865 904845

We will call you back if you leave a message. Or email Wallingford.schoolnurses@oxfordhealth.nhs.uk

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>