

Secondary School Health Team Newsletter

Term 1 September 2021



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.



School health nurses are based in secondary schools and the contact details for the nurse, for your child's school is at the end of this newsletter. If you have any health concerns regarding your child please contact your school health nurse.

COVID Vaccination News – following the announcement on 13/09/2021 by Prof Chris Whitty, 12-15yrs old children will be offered the Covid vaccination in schools. This will be given alongside the flu programme in schools, and will commence on 22nd September. The plan is to visit all secondary schools before half term to offer both flu and covid vaccinations. Consent and letters will come out this week to parent/carers. Leaflet below guide for children

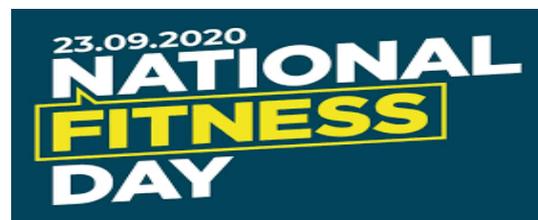
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1017171/PHE_12073_COVID-19_guide_for_all_CYP.pdf

Transition to secondary school

While moving up to secondary school is an exciting time, your child may be worrying about how to cope with the changes and how to make new friends. Kidscape an UK charitable organisation has produced this leaflet, with tips on being organised, making friends, staying safe and dealing with any potential bullying.

www.kidscape.org.uk/media/1040/moving_up_to_secondary_school.pdf

School health nurses offer a health review to year 7 students, if you have health concerns regarding your child, please contact your school nurse.



National Fitness Day 2021 will take place on **Wednesday 22nd September** and is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier lifestyles through being physical active.

<https://www.nationalfitnessday.com>



NEW ! Flu vaccine for all students in Year 7 & up to and including Year 11

This year all young people in years 7, 8, 9, 10 & 11 can receive the flu vaccine in school.

Look out for an email from school, which will provide details about this year's Flu vaccination being offered in schools between October and the end of January. This email will also provide a link to the online Consent Form. Please submit your consent form promptly before the closing date to ensure your child gets this important vaccination in school. If you have submitted a consent form and your child is unwell on the day of vaccination and is unable to be vaccinated, you will receive an email providing details on how you can book an appointment in a catch-up clinic.

Further information and dates of when the vaccination will be offered in your child's school will be available on the School Health Nurses website:

<https://www.oxfordhealth.nhs.uk/school-health-nurses/immunisations/flu-immunisations/>

If you wish to speak to someone regarding your child's immunisations, please call 07920 254 400 or email the immunisation team at ImmunisationTeam@oxfordhealth.nhs.uk

World Mental Health day 10/10

October 10th is World Mental Health Day. We all need to look after our mental health as much as physical health. Why not take this day as an opportunity to sit down with the children and young people in your life and check in to see how they are doing? Are they coping with school pressures? Are their friendships supportive? Do they feel in need of extra support? Sometimes we don't know someone is struggling with their mental health until we ask. Conversations around mental health can be difficult, but if you start these conversations with your children and young people now, and have them often, you will be preparing them well for having the same conversations in adulthood. Any worries you have after talking can be shared with the School Nurse, or with your GP.



**WORLD
HEART
DAY** 29 SEP

World Heart Day is a global campaign during which individuals, families & communities around the world participate in activities to take charge of their heart health.

Remember: A good diet and active lifestyle helps keep your heart healthy

'Healing takes time, and asking for help is a courageous step' Mariska Hargitay



**INTERNATIONAL DAY
OF SIGN LANGUAGES**

World Federation of the Deaf 23rd September

International day of sign languages and this year's topic is 'We Sign for Human Rights'. International Week of the Deaf People is celebrated annually by deaf communities all over the world organised by The World Federation of the Deaf, an organisation working to ensure equal rights for 70 million people around the globe. This year's theme is Celebrating Thriving Deaf Communities.

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/>

which has a helpline

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



YOUNGMINDS

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: Megan Murdoch



If you would like to speak to your school health nurse, please call: **07775 112 101**

We will call you back if you leave a message. Or email megan.murdoch@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/>