

Primary School Health Team Newsletter

Term 3 February 2021 (3)



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.

Dear all

Just to let you know that we will be sending out our newsletters more frequently during this time where most children are at home. We want to remind you that the school nursing team are still available for advice and support on any health worries you have. Our contact details are at the bottom of the page and we can liaise with you by phone, digital consultation, email or face to face wearing PPE.

There are a lot of resources available to support you and your children and we hope to cover a varied range of topics that may be creating some challenges during these difficult times.

Keep going and stay safe – Primary SHN team

Find a Food Bank - The Trussell Trust

<https://www.trusselltrust.org/get-help/find-a-foodbank>

We know it's a challenging time for everyone at the moment as the coronavirus pandemic unfolds.

Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life. If you are in financial crisis and live in England or Wales, please call our confidential free helpline on 0808 208 2138 (open Monday to Friday, 9am–5pm).

<https://oxfordfoodbank.org/>

<https://witney.foodbank.org.uk>

<https://abingdon.foodbank.org.uk>

<https://banbury.foodbank.org.uk>

<https://bicester.foodbank.org.uk>

Wantage and Grove Food Bank

Is a practical community based project organised by local churches which provides food parcels for those in need in our area.

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



Lockdown lunch ideas

Struggling for meal inspiration with the kids at home at the moment? We've got you covered with our simple lunch ideas. Complete with its own shopping list, each set of recipes contains 5 easy, tasty lunches for around £15. Check out 3 weeks' worth of recipes now, plus ideas and inspiration for ways to keep lunchtimes fresh until they can go back to school.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas/>

Oral Health Top Tips:

Whilst home schooling your children

Community
Dental
Services

-  Maintain your child's brushing routine: brush 2 x per day, last thing at night and one other time during the day, for two minutes.
-  Use a toothpaste with 1350ppm of fluoride, use a smear of toothpaste until the child is able to spit out, then a pea sized amount. Spit out the excess toothpaste, do not rinse!
-  Try to keep sugary and acidic foods as an infrequent treat with a meal
-  Keep in contact with your dentist, they may still be able to offer you routine appointments. They will also advise if you have any pain or concerns.
-  Link Oral Health to your home learning through health, food, science and fun! Visit our website for lots of fun ideas:
<https://communitydentalservices.co.uk/oral-health/family-fun-information/>

Strategies for How to Make Brushing Teeth Fun!

- Make Brushing Teeth a Family Affair. .
- Create a Two-minute "Contest"
- Find a favourite song to brush along to
- Get Your Child a Special Toothbrush.
- Reward Consistent Tooth Brushing.
- Make Going to the Dentist a Special Occasion.
- Recruit the Tooth Fairy!



<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

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



YOUNGMINDS

<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: Anita Pitcher



If you would like to speak to your school health nurse, please call: **01993 901295**

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

HOLD – for parents and carers that may be feeling stressed or isolated and need to speak to someone with concerns about their child. Our HOLD service allows parents to send brief details so that a school nurse can call them back. To access this service simply email SHN.oxfordshire@oxfordhealth.nhs.uk with details of the child's name, date of birth, school, contact number and a brief outline of health need.

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

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