

Secondary School Health Nurse Team Newsletter

Term 6 June 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.

Further information about SHN can be found on our website: <http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>



Picnics & Food Safety To help everyone enjoy their summer picnics without worry the FSA has provided these easy tips to keep your family safe:

Visit <https://www.food.gov.uk/safe-summer-food>

<https://www.food.gov.uk/picnics>



- Clean up first** - Rinse fresh fruits (including those with rinds) and vegetables under running tap water before packing them in the cool box.
- Keep cold food cold** – place cold food in a cool box with ice or frozen gel packs. Cold food should be stored at 5 °C or below to prevent bacterial growth.
- Organise your cool box** – pack drinks in one cool box and perishable foods in another. If using freezer packs (frozen drinks work well for this purpose), distribute them throughout the box – not all at the bottom!
- Keep your cool box closed** – once at the picnic site, limit the number of times the cool box is opened as much as you can. This helps to keep the contents cold for longer.
- Pack away your picnic** – once you've served it, dishes should not sit out for longer than two hours, or one hour if it's very hot outside. After this, the risk of bacteria increases and it becomes unsafe to eat, so best to throw it away when you get home. Pack away food so that your guests are not tempted to nibble later. To waste less, pre-plan portion sizes according to the size of your party and only pack what you need.











PROTECT YOURSELF FROM THE SUN

Recent hot weather has meant that UV rays from the sun are particularly strong at the moment. Skin cancer is nearly always due to exposure to ultraviolet radiation which damages the DNA in skin cells.

Damage to your skin from sunburn when you are young could lead to skin cancer developing in later life, so it is important to take precautions in order to protect yourself from the sun.



The "ABCDE moles checklist" has been developed to help you tell the difference between a normal mole and a melanoma (skin cancer).

NORMAL		CANCEROUS
	"A" IS FOR ASYMMETRY • If you draw a line through the middle of the mole, the halves of a melanoma won't match in size.	
	"B" IS FOR BORDER • The edges of an early melanoma tend to be uneven, crusty or notched.	
	"C" IS FOR COLOR • Healthy moles are uniform in color. A variety of colors, especially white and/or blue, is bad.	
	"D" IS FOR DIAMETER • Melanomas are usually larger in diameter than a pencil eraser, although they can be smaller.	
	"E" IS FOR EVOLVING • When a mole changes in size, shape or color, or begins to bleed or scab, this points to danger.	

Personal safety when walking to school

Where possible travel to school in groups and stick to the busier roads

Be alert and aware of your surroundings and avoid the use of head phones as this can be a distraction. Think about the best route home and where you could go if you felt threatened where you know there will be other people e.g. a shop.

Try to use well lit, busy streets and avoid quiet or badly lit alleyways, subways or isolated parks or waste grounds

Try to keep both hands free and don't walk with your hands in your pockets.

If a car drives alongside you and someone inside whom you don't know well starts talking to you – turn and quickly walk away in the other direction. Please report anything suspicious via 101 or 999 if in immediate danger

Tell a parent / carer or a member of school



- Brush your teeth last thing at night and at least one other time of the day with a fluoride toothpaste
- Cut down on how often you have sugary foods and drinks
- Visit your dentist regularly and complete any treatment they recommend
- Children from the age of seven can use family toothpaste, as long as it contains 1,350-1,500 parts per million (ppm) fluoride
- Encourage them to spit out excess toothpaste, but not to rinse with lots of water. Rinsing with water after tooth brushing will wash away the fluoride and make it less effective.
- Make tooth brushing fun by using a timer for two minutes or listening to your favorite song.

Find a dental service near you via NHS Choices

<http://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>

If you feel anxious about a visit to the dentist

<http://www.nhs.uk/Livewell/dentalhealth/Pages/Fearofthedentist.asp>

FESTIVAL SAFETY



Valuables – If possible leave valuables at home. Do not leave valuables unattended in a tent. Only carry the money you will need. Don't wear best jewelry. Consider insurance. Keep bag closed.

Journey – Plan your journey. Wait for transport in well-lit place. Know the time of the last bus/train. Keep tickets safe. Stick together.

Self-Love! – Wear sunscreen. Drink water. Eat sensibly. Dress appropriately – wellies, sunglasses etc. Contraception.

Personal Safety – Stay with your group. Have a designated meeting place. Don't drink too much! Do not accept drinks from strangers. Do not leave drinks unattended. Stick to well lit areas.

Phone – Have a phone fully charged. Keep ICE number as screen saver. Write down EIMIE number. Keep phone in closed bag/pocket.

The School Nurse for Wood Green is Anne Marie Garay who is usually available 9am - 3pm Monday to Friday

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



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