



## School Health Nurse Newsletter Spring Term 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 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

The School Health Nurse works in partnership with school staff to deliver the Healthy Child Programme. All School Nurses employed by Oxford Health NHS Foundation Trust are qualified nurses who have a special interest in working with young people, and have undergone additional specialist training to support children and young people in a school setting. School Health Nurses work closely with teaching staff and pastoral staff to provide support and guidance to students, to help them make healthy lifestyle choices. Based in secondary schools they are ideally placed to offer a range of services with the aim of improving long term health outcomes for young people.

We offer a wide range of services which include; Immunisations in accordance with the UK schedule, Support at transitional points in school life, drop in access & individual support, Small Group Work, managing emergency medication within School, Supporting school PSHE curriculum, Themed health promotions for all school students, Referrals and signposting to specialist services and Sexual health services for some students

This is a confidential service, available to all students. Our priority is to safeguard the health and well-being of young people at all times so information will be shared if it is felt the young person, or somebody else is unsafe or at risk of harm. We would always try to discuss this with the young person first.

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

### School based immunisations for Year 9

The national immunisation programme gives protection against dangerous disease by causing the body's immune system to make antibodies to fight specific infections and diseases.

Students in Year 9 will be offered a Tetanus, Diphtheria and polio booster (Td/IPV) and Men ACWY. Consent forms, letters and information leaflets will be issued to students after half term.

The year 9 immunisation date agreed for Wood Green School is 10/3/2017

For further information: [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

Students in Year 12 and 13 who have not received the Men ACWY immunisation or a Td/IPV booster should contact their GP surgery for local guidance.

#### **Immunisation Guidance**

Please discuss the immunisation with your child, sign the consent form, and return it to school.

Your child's immunisation history is recorded in their child health record 'red book' or available from your GP surgery. If your child has allergies, medication or any recent vaccinations please let us know

**On the day of immunisation** encourage your child to; have breakfast, wear a short sleeve shirt, asks the nurse any questions, bring back a copy of the consent form for your records, not worry!

## 2017 - Time for a change!

The beginning of the year is a great time to think about the health of your family and consider making small positive changes in order to make health improvements. Parents are ideally placed to encourage young people and set small goals. NHS Choices provides some excellent information that will inform and help you to identify areas for change that can become a lifelong change. You may wish to consider, raise awareness, motivate and then act on one or more of the following areas:

Reducing snacks

Reducing screen time

Making meal time, family time

Reducing sugar intake to the recommended 30g (7 cubes) of added sugar per day

Increase physical activity – eventually reaching the recommended 1 hour per day

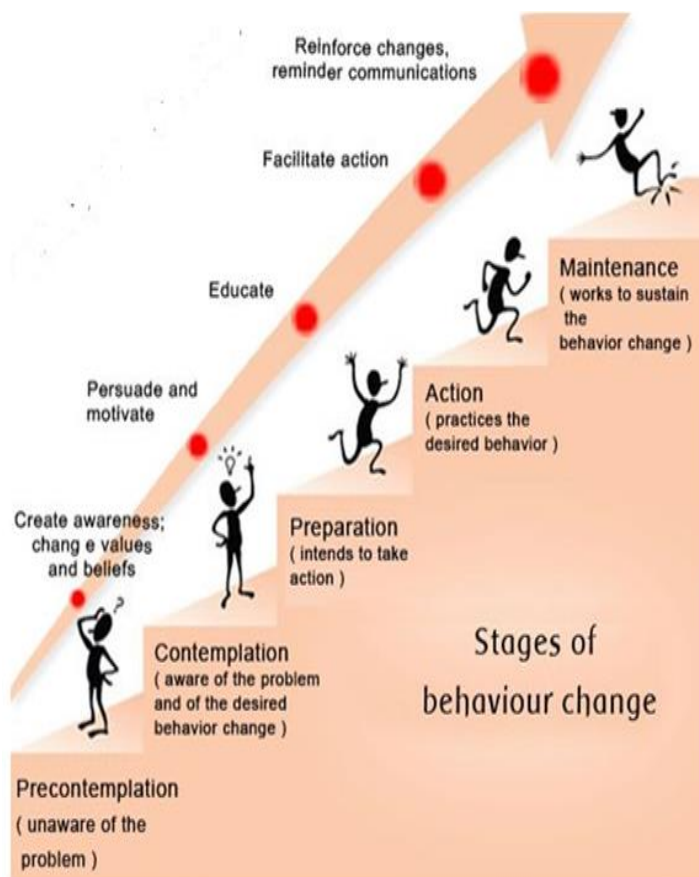
Go for a walk

Eating breakfast

Quit smoking

Play a family game

Establishing a regular sleep/wake pattern



*Remember making changes takes time, it may help to think about the 'stages of change' as above, when trying to develop new habits*

For more information go to:

<http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>

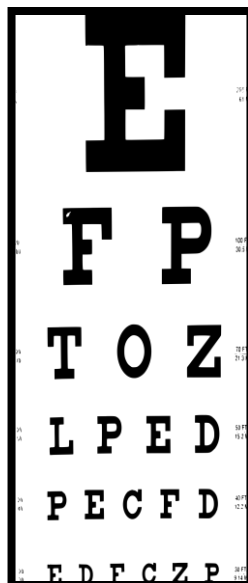
## Eyesight tests

Children rarely complain about their sight, but often show there may be a problem with their vision through their behaviour.

This can include sitting too close to the TV, rubbing their eyes a lot, holding objects very close to their face, blinking a lot, or one eye turning either in or out.

If you think your child is experiencing any sort of sight problems, take them to an [ophthalmic practitioner](#) for a check-up as soon as possible.

NHS sight tests are **FREE** of charge for children under the age of 16. Children do not need to be able to read to be tested.



The School Nurse for Wood Green is **Annemarie Garay**. Working hours are term time, 9am - 3pm Monday to Friday

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

Tel: 07468715426

Email: [oxfordhealth.witneySHNs@nhs.net](mailto:oxfordhealth.witneySHNs@nhs.net)

Please note we are not responsible for first aid, attendance or the issue of medication in school.