

Secondary School Health Nurse

Newsletter Term 5 May 2019

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.



National Walking Month

May 1st marks the start of national walking month and we want you to join us in celebrating by taking on a Pedometer Challenge! There are many different free fitness apps available for download onto your smart phone that will count your steps. Set yourself an achievable target and enjoy how you feel when you smash it!

Walking is simple and free and one of the easiest ways to get active, lose weight and become healthier no matter what your level of fitness.

No time to go to the gym? No problem! Increasing your steps is easier than you think:

- Take the stairs
- Go the long way to the next lesson
- Have a walk around the playing field at break
- Get off the bus one step early



#smile
#smilemonth



It's also National Smile Month!

A healthy mouth can be a great asset.

Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us to talk and speak clearly and they also give our face its shape.

A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships.

Because of this, it only makes sense to give our oral health the best care possible.

- Brush your teeth last thing at night and on at least one other occasion with a **fluoride** toothpaste.
- Cut down on how much **sugary food and drink** you have, and how often you have them.
- Visit your dentist regularly, as often as they recommend.

National Smile Month is our chance to take a look at our oral health, learn more about why a healthy smile is so important and share tips on how to improve and maintain it.

Good oral health can have so many wonderful life-changing benefits.

A healthy smile can truly transform our visual appearance, the positivity of our mind-set, as well as improving the health of not only our mouth but our body too.

To find out what the health benefits of having good oral health actually are, visit <http://www.nationalsmilemonth.org/>



Is your child protected?

'After clean water, vaccination is the most effective public health invention in the world for saving lives'
World Health Organisation, May 2014

Oxford Health Foundation Trust (OHFT) Immunisation Team work very closely with the School Health Nursing service. We are aware that for many reasons children may miss these important immunisations and therefore offer Catch Up sessions both in and out of school. If you know your child has missed an immunisation and you haven't received a letter informing you of the catch-up date in school, please call the Immunisation Team on 01865 904339 to book an appointment.

HPV first dose offered in Year 8 and a second in Year 9, girls only

Tetanus, Diphtheria & Polio booster dose in Year 9 given at the same time as **Meningitis ACWY**

MMR – Two doses are required and are usually given at the GP surgery before starting school. If a dose has been missed they can be given in Year 9.

Teenage Exam Stress

Exam time can be very stressful for everyone in the family. Your child may not want to sit all of their exams, or perhaps getting them to revise has become an uphill struggle. It's understandable that you will have concerns for their future and want them to do well in their education, so that they have plenty of opportunities after they leave school. As a parent you can really help your child through this time, just by being there for them and encouraging them to talk about their feelings and fears.

Help your child prepare for exams with plenty of planning and support. Encourage them to get pens, pencils and equipment ready the evening before. Try to get them to go to bed early so they are able to have a restful sleep. In the morning, arrange for them to have a healthy and nutritious breakfast to help them focus and concentrate. Go through a checklist to make sure they have everything they need.

Give your child lots of encouragement so they feel more positive before they leave. Let them know how proud you are of them regardless of how they think they do. Further help

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>



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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**

<http://OXME.Info/cms/> – Excellent information site for young people in Oxfordshire