

Primary School Health Team

Term 5 May 2023 Newsletter

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 future quality of life and enable them to reach their full potential in education and beyond.

Primary School Health Nurses are based in localities, and work closely with parents and carers to meet the health needs of children. If you have any health concerns regarding your child please contact the school health nursing team details at end of this newsletter.

**KEEP CALM
AND
DRINK MORE
WATER**

Hydration

The human body is made up of about 75% water and it is needed for multiple functions. Dehydration is linked to mood swings,

irritability, poor concentration and headaches. Sending your child to school with a full water bottle each day, will help them to concentrate better and get the most out of the day. Aim for six to eight cups or mugs per day of water or milk. The amount per cup depends on the age of the child:

- Under 5 years 120-150ml cup.
- 6 years and above 250-300ml cup.
- An easy way to monitor fluid intake is in the colour of their urine:



Learning to swim is the best way to increase safety around water.






There are many places around Oxfordshire offering swim lessons. If you are receiving benefits and live in, or can travel into Oxford City, free swimming lessons are available for all children under 16 years.

Information can be found [here](#)



Are you drinking enough?

Colours 1-3 suggest normal urine

1		Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day.
2		
3		
Colours 4-8 suggest you need to rehydrate		
4		If your urine matches 4-8, then you're dehydrated and you need to drink more.
5		
6		If you have blood in your urine (red or dark brown), seek advice from your GP.
7		
8		

Learning Disability Week 19th - 25th June 2023

Learning Disability Week is all about making sure the world hears what life is like if you have a learning disability. A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. It's important to remember that with the right support most people with a learning disability in the UK can lead independent lives.

For more information visit:

[Learning Disability Week](#)

[| Mencap](#)





Need some lunch, dinner or snack inspiration?

Visit "[Better health: Healthier families](#)" website for some great new ideas for lunches, dinner recipes, breakfasts that even the fussiest child might like and healthy snacks for all.



#NATIONALWALKINGMONTH

Walking is the easiest, cheapest, and most accessible form of physical activity and that's why we think it's so important to encourage children to do more of it. A brisk walk of just 20 minutes to and from school can have fantastic mental and physical health benefits.

HAPPIER CHILDREN LESS CONGESTION CLEANER AIR

School Aged Immunisation Service



For advice on booking an appointment for outstanding

vaccinations please email us at immunisationteam@oxfordhealth.nhs.uk stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.

WORRIED ABOUT CYBER BULLYING?



- Talk to your child about who they're talking to online and encourage them to think before talking to people they don't know in person
- Try to understand and guide your child's online behaviour - negotiate and establish boundaries and discuss sensitively the issues around the concept of 'friends'
- Familiarise yourself with the social networking sites and chat programmes your child uses. Find out more about its build-in safety functions
- Ask your child if they know how to block someone who they don't want to talk to anymore. If they don't, help them learn how to use the blocking feature
- Use widely available parental control software and consider using filtering options, monitoring and setting time limits for access to chat.
- If you discover misconduct between your child and someone online stay calm, investigate the facts and seek expert help. If someone has acted inappropriately towards your child, or someone else (such as sexual chat, or asking them to meet up) contact the [Child Exploitation and Online Protection Centre \(CEOP\)](#)

[NSPCC](#) and [O2](#) have a free online safety helpline for parents and carers - 0808 800 5000 . Find more information for parents and carers on [Internet Matters](#)

Child and Adolescent Mental Health Services (CAMHS)

[Oxfordshire CAMHS](#) offers a single point of access for 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/>



Visit our School Health Nurse website:

www.oxfordhealth.nhs.uk/school-health-nurses/

Facebook page <https://www.facebook.com/oxschoolnurses/>

Parentline—ChatHealth

To contact the primary school health nurse team please use our texting service, you can text 24/7 and messages will be responded to the next working day.

Click on the arrow and start your chat or text 07312 263227

Text ParentLine

ChatHealth

ParentLine 5-11 years

New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

Text **07312 263227**
to message a school health nurse

bullying
support with behaviours
General and emotional health

Or scan QR code here to start a chat

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