

School Health Team

Primary Newsletter January 2023

This newsletter aims to provide families and young people with some useful tips for keeping healthy...

School Health Nurse Primary Team

Contact details for the Team are on the next page, If you have health concerns regarding your child please



ParentLine Text 07312 263227

www.chathealth.nhs.uk

How to look after your pearly whites :

Help your child to look after their teeth by supervising toothbrushing, and reminding them to:

- Brush for two minutes at night before bed, and at one other time of day.
- Use a pea-sized amount of fluoride toothpaste (containing between 1350-1500ppm of fluoride)
- Spit after brushing, but do not rinse.

More information can be found at:



Medicines for children



Please do read and follow instructions on medicines, especially those bought over the

counter.

More info below:

Safer Internet Day

7th February 2023

This year's campaign is focused on ensuring the voices of children and young people by encouraging them to help shape the future of online safety support.

**Safer
Internet
Day 2023** | **Tuesday
7 February**

Coordinated by the UK Safer Internet Centre

Gloji Energy

Gloji Energy is a new child weight management programme run by **Achieve Oxfordshire**. This exciting new

12-week programme is fully funded by Oxfordshire County Council and therefore a free programme for children and their parents/carers.

Gloji Energy is:

- accessible to children aged 4-12 years old who have a BMI over the 91st Centile.
- Available as group and one to one sessions (dependant on the needs of each family)

Gloji Energy aims to create healthier children and families by

6th-12th February 2023

A graphic for Place2Be's Children's Mental Health Week. It features a yellow circle with a thick yellow border. Inside the circle, the text "Place2Be's" is in a yellow banner, "CHILDREN'S" is in red, "MENTAL HEALTH" is in teal, and "WEEK" is in large teal letters. To the right of the circle is a teal circle containing the text "6-12 FEBRUARY 2023" in white.

The children's mental health charity **Place2Be** has a page dedicated to supporting parents in managing their child's wellbeing, ranging from addressing peer pressure to understanding shyness.



vaccinations please email us at

immunisationteam@oxfordhealth.nhs.uk stating your
child's name, school, date of birth, your contact phone

DO:

- Consider your mental and physical health before making any changes
- Layer up clothes to keep in the heat - e.g. tights under trousers
- Use heated items to get extra warmth such as hot water bottles & heated gloves
- Eat regularly - especially hot food & drinks such as soup, porridge and tea
- Keep feet warm - thermal socks, slippers, rugs and blankets
- Exercise - walk around the house or go out for a walk, cleaning
- Draught stoppers for your doors

- Turn off your heating completely (damp and frozen pipes can



Oxfordshire CAMHS offers a single point of access for parents/carers, who have concerns around mental health.

You can also visit <https://www.dailymotion.com/video/x7v3333>

YOUNGmINDS
fighting for young people's mental health

youngminds.org.uk/ which has a helpline



If you would like to speak to your school health nurse, please call: 01865 904225

We will call you back if you leave a message.

Or email

Oxford.schoolnurses@oxfordhealth.nhs.uk

School Health Nurse website:

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

Click link for ParentLine Chat

[illegible]