

Primary School Health Nurse Team

Newsletter –Autumn term 1 2016

Welcome to the Term 1 newsletter from the School Health Nurse (SHN). 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.

Who are School Health Nurse's (SHN)?

We are qualified nurses or midwives with specialist training in public health for children, young people and families. We are employed by Oxford Health NHS

Foundation Trust and work closely with your school and other health services, to ensure that your child's health needs are met.

We are skilled in spotting health problems or concerns early, so that we can provide early support.

SHN lead and deliver the Healthy Child Programme for five to 19 year olds, working predominately with children, young people and families.

The Healthy Child Programme is a programme for children, young people and families with a focus on early intervention and prevention and offers research-based guidance on development reviews, immunisations, screenings and healthy choices.

Further information about SHN can be found on our website:

<http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>



Flu Vaccines are coming to your School



The nasal flu vaccination is coming to your school. It will be given in school to children in year 1, 2 & 3. Children in reception class will be invited to their GP for the vaccination.

The vaccination is painless and free, it is given by a quick and simple spray up the nose.

If your child is in Year 1, 2 or 3 you will shortly receive a consent form from school. If you have lost your form but wish your child to receive the vaccination please click & print a copy here: <http://www.oxfordhealth.nhs.uk/children-and-young-people/wp-content/uploads/2016/06/Final-Consent-Flu-Sept-2016.pdf>

For further information: www.nhs.uk/child-flu

<http://www.nhs.uk/Video/Pages/flu-heroes-nasal-flu-spray-for-kids.aspx>

Did you know...

A pilot study in 2014/15 of Primary schools receiving the Flu vaccine showed a 94% lower rate for Primary aged children seeing their GP with Flu like symptoms

A&E respiratory attendances by primary school aged children were 74% lower

Primary School Health Entry review

Can we please remind parents/guardians of children who have just started Primary school to return the Health entry review forms to school?

Dental Health



There's no need to buy special "children's toothpaste" brands. In fact, some of them don't have enough fluoride in them to help prevent tooth decay.

Children up to the age of six who don't have tooth decay can use a lower-strength toothpaste, but make sure it contains at least 1,000ppm fluoride

Children from the age of seven can use family toothpaste, as long as it contains 1,350-1,500 parts per million (ppm) fluoride. Check the toothpaste packet if you're not sure, or ask your dentist

Remember to brush for 2 minutes twice a day. Encourage your child to spit out excess toothpaste but not to rinse. Rinsing with water after tooth brushing will wash away the fluoride and make it less effective.

*NHS dental care for children is **FREE**. Take your child for regular [dental check-ups](#) as advised by the dentist.*

Find your nearest dentist:

<http://www.nhs.uk/service directories/Pages/ServiceSearch.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. Even if none of the symptoms described above are displayed, there could still be an underlying eye condition.

*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.*

Stoptober

Join the 28 day challenge!

Smoking is the biggest cause of preventable early death in England, accounting for over 78,000 deaths a year

Children who grow up with a parent or family member who smokes are three times more likely to start smoking themselves

Smoke can stay in the air for up to 2.5 hours, even with a window open. It may still be there even if you can't see it or smell it

Smokers across the country are being urged to take part in Stoptober (the mass quitting challenge from Public Health England (PHE) starting on 1 October) and join nearly 15 million people who have already quit.

<https://www.nhs.uk/oneyou>

Visit the Stoptober website for a range of free support that can go direct to your phone, laptop or tablet via the Stoptober app, a daily email service or Facebook Messenger bot. The new Stoptober website also has advice and information on stop smoking services and quitting aids.



If you would like to speak with the School Health Nurse, please speak to your school or contact us on: Oxfordhealth.wallingfordshn@nhs.net

Wallingford:- 01865 904845.

School Health Nurse for your school:

Sam Gould / Lauren Harding