

Primary School Health Nurse Team

Newsletter Term 6 Summer 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.



Tips to keep your child safe in the sun

Summer is coming and its great fun to play outside.

Encourage your child to play in the shade – for example, under trees – especially between 11am and 3pm, when the sun is at its strongest.

Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days.

Use one that has a sun protection factor (SPF) of 15 or higher and protects against UVA and UVB. Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands. Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn. Cover your child up in loose cotton clothes, such as an oversized T-shirt with sleeves. Get your child to wear a floppy hat with a wide brim that shades their face, ears and neck. Protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark – check the label. If your child is swimming, use a water-resistant sunscreen of factor 15 or above. Sunscreen should be reapplied straight after you have been in water – even if it's "water resistant" – and after towel drying, sweating or when it may have rubbed off.

<https://www.nhs.uk/conditions/pregnancy-and-baby/safety-in-the-sun/>

[#tips-to-keep-you-child-safe-in-the-sun](#)

Importance of drinking water

You might think you're all muscle but about two-thirds of your body is made up of water.

Water helps keep Your body's temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes wastes. You lose water from your body through sweating, breathing, urine and faeces. Being properly hydrated helps your body function at its best. Dehydration– not having enough fluid in your body – can cause headaches, fatigue, crankiness and poor concentration. It also affects your sports performance. Young children can easily become dehydrated in the summer, remember to top up with water especially if playing outside.

To stay properly hydrated, you need to give your body a certain amount of fluids every day.

This includes water, milk and other drinks. Inadequate fluid intake can be a factor in bedwetting and constipation.



Water Safety Code

During the school holidays, and in hot weather, increasing numbers of children put themselves at risk of drowning. On average 40-50 children drown per year in the UK. To keep yourself safe, when you are in, on or beside water, always follow the Water Safety Code. Advice from the Royal society for the prevention of accidents is available here:

<https://www.rospa.com/leisure-safety/water/advice/children-young-people>

Drowning Prevention Week is from 14th – 24th June 2019, supporting children and adults to enjoy the water safely. For more information follow this link: <https://www.rlss.org.uk/drowning-prevention-week>

#STOPDROWNING #DPW



MMR- Measles Mumps & Rubella

What is MMR?

MMR is a safe and effective combined vaccine that protects against 3 separate illnesses- measles, mumps and rubella (German measles) – in a single injection. [Measles](#), [mumps](#) and [rubella](#) are highly infectious conditions that can have serious, potentially fatal complications, including [meningitis](#), [swelling of the brain \(encephalitis\)](#) and deafness.



When is it given? -

The MMR vaccine is given on the NHS as a single injection to babies as part of their [routine vaccination schedule](#), usually within a month of their first birthday. They'll then have a second injection of the vaccine before starting school, usually at 3 years and 4 months. If your child is in **Year 2** and has missed one or both of their MMR vaccinations the Immunisation Team can arrange for them to be given. If you are unsure whether your child has had both their doses, please contact your GP surgery and they will be able to check your child's records.

What do I need to do?

If you require an appointment for your child to receive their Immunisation please call the Immunisation Team on 01865 904339.

Flu Immunisation

Immunisation against Flu will be available again next term and will be offered to all children in and including Reception to Year 6. This vaccine is offered as a yearly nasal spray to young children to help protect them against [flu](#) which can be a very unpleasant illness for children, with potentially serious complications, including [bronchitis](#) and [pneumonia](#). Vaccinating children also protects others that are vulnerable to flu, such as babies, older people, pregnant women and people with serious long-term illnesses. Further information will be sent to parents next term but can also be found on NHS Choices at

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

Children transitioning to Secondary school

If your son or daughter will be starting secondary school in September, we would like to take this opportunity to introduce the Secondary School Health Nursing Service in Oxfordshire.

School Health Nurses are based in secondary schools and work in partnership with teaching and pastoral school staff to provide support and guidance to young people, to help them make healthy lifestyle choices. 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.



Your school website will have contact details for the nurse at your child's new school.



To contact the SHN Team in your locality Phone: 01235 515503 or Email: didcot.shns@nhs.net

The School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

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

SEND (Special Educational Needs/Disabilities) Information

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

Time off school due to sickness <https://www.oxfordshire.gov.uk/residents/schools/school/absence-due-sickness>

Infection Control guidance on keeping children off school following a specific illness

http://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf

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 www.oxfordhealth.nhs.uk/camhs/oxon

Dentist -For help with finding an NHS dentist please phone the Oxford Health Dental Helpline on: 08000 113 824 or 01865 337 267. For general enquiries email: dental@oxfordhealth.nhs.uk