

# Primary School Health Team Newsletter

## Term 5 April 2021



*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.*

Dear all,

We hope the transition back to school has gone well for your child. Many children have quickly and happily settled back into school, but for some children the return has been more challenging. Feeling worried and anxious are normal emotions but when they are consistently having a negative impact on your child there are a wealth of resources to support you. Your school nurse contact details are at the bottom of the page.

### National Child Measurement Programme (NCMP)



The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools. Due to school closures earlier this year, only a third of schools will be involved in the programme. The measuring is carried out by members of the school health nurse team and will adhere to Covid guidance, so the measurements will be carried out as safely as possible. You will receive information after Easter if this will be happening in your child's school.

For information on healthy lifestyles - register with Change 4 Life to keep up to date with their latest campaigns, follow the link below:

<https://www.nhs.uk/change4life/about-change4life>



Resources for helping children manage testing

**Resources for managing test-related anxiety** This list of resources is aimed at students, parents, schools and colleges to help manage worries about exam and revision stress

[Resources for managing test-related anxiety - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



### Constipation

Can affect any child and is frequently associated with bed wetting- follow these top tips, establish healthy habits and routines, and banish it for good!

1. Drink plenty - 6-8 water-based drinks daily
2. Eat a balanced diet with high fibre from fruit / vegetables /cereals
3. Keep active - exercise keeps the bowel healthy
4. Get into a good toileting routine, for advice and support visit <https://www.eric.org.uk>

## Urgent and Emergency Care - New 111 plans

Across the NHS, urgent and emergency care services are changing to ensure that patients get the right care, in the right place, whenever they need it..

100% of the population of England are now able to access **urgent care advice** through the [NHS 111](https://www.nhs.uk/111) online service.

NHS 111 is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health.

24 hours a day, 7 days a week.

To get help from NHS 111, you can:

- Go online to [111.nhs.uk](https://111.nhs.uk) (for assessment of people aged 5 and over only).
- Call 111 for free from a landline or mobile phone.

<https://www.england.nhs.uk/urgent-emergency-care>



## Minecraft – Online Video Game

Minecraft is one of the world's most popular games, especially with children. Although the terms and conditions specify that children should not be playing under the age of 13yrs without parental permission, the chances are high that Minecraft will be part of the world for many primary aged children and their friends.

Despite the age restriction, there is nothing about the game itself that is inappropriate for children, it has been described as a virtual Lego. User explore landscapes and worlds and build their infrastructure from materials they find on site.

As with any online activity there are some safety concerns, as children can connect with other players who are not known to them. If you have a young child who plays Minecraft click on the link below on staying safe on Minecraft

<https://parentinfo.org/article/staying-safe-on-minecraft>

Most of us are looking forward to the lighter evenings and better weather and spending more time outside with friends and family. Stay safe and alert when exercising and remember to maintain social distancing. Increase your amount of exercise by getting out on your bike National Bike week 30<sup>th</sup> May. Always remember to wear a helmet [www.cyclinguk.org](http://www.cyclinguk.org).



## Could your children help researchers better understand risk factors in COVID-19?

University of Oxford researchers are seeking people aged 0-19 from ethnic minorities to give a blood sample to help understand why these groups are more at risk of COVID-19

For more information visit [whatsthestory.org.uk](http://whatsthestory.org.uk)

The main study is just 1 visit, a blood sample, approximately 45 mins of your time.

WHATSTHESTORY.ORG.UK

info@ovg.ox.ac.uk|01865611400

Children's Integrated Therapies Services in Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: 01865 904435 Or visit

[https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/)

## 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**

You can also visit <https://youngminds.org.uk/>

which has a helpline

YOUNGMINDS

Or visit <https://www.familylives.org.uk/>



Your school health nurse is: Deb Burdett



If you would like to speak to your school health nurse, please call: 01235 515503

We will call you back if you leave a message. Or email [didcot.schoolnurses@oxfordhealth.nhs.uk](mailto:didcot.schoolnurses@oxfordhealth.nhs.uk)

School Health Nurse website: [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>