



Oxford Health

NHS Foundation Trust



Term 6: Secondary School Health Nursing Newsletter June 2025

Term 5: 2 June -22 July 2025

*Welcome to our **School Health Nursing Newsletter** for parents/carers of children and young people in Oxfordshire.*

*As your school health nurses, we are here to support you and your family every step of the way.
Stay tuned for more updates, tips, and resources in our upcoming newsletters.*

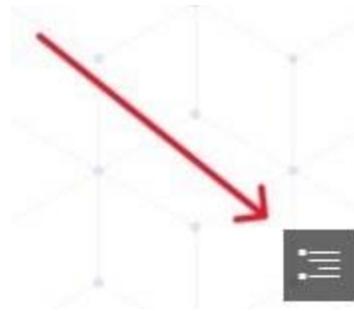
Together, we can nurture a bright and healthy future for our children!

What's included in this newsletter?



See what's included in this newsletter below.

*If you wish to jump to a section which interests you, please click the **navigation icon** in the bottom right-hand corner of your screen.*



- **How to contact the 0-19 Children and Young People Service:**
 - Single Point of Access (SPA)
 - ChatHealth.
- Helping to keep your teenagers safe on line
- Festival safety
- Health info shared with school leavers
- Sun safety
- Water safety
- Cold water shock
- **Additional Services and Resources**
- **The School-aged Immunisation Service (SAIS)**
 - Integrated Children's Therapies
 - Mental Health Services
 - Young Minds
 - Family Lives
 - ERIC
 - OXME
- **Feedback**

How to contact us



If you wish to contact a school health nurse regarding the health of your child or young person, please contact us using the details below, please include the full name, date of birth and school that your child is attending:

- ***Single Point of Access (SPA): 01865903800***
 - ***Email: cyp0-19@oxfordhealth.nhs.uk***
-

ChatHealth Text Messaging Service



The poster features the ChatHealth logo (a blue circle with a white person icon) and the NHS Oxford Health NHS Foundation Trust logo. The main title is 'ChatHealth 11-19 years' in green. Below it, a blue banner contains the text: 'New School Health Nursing messaging service for young people aged between 11-19 years attending state schools or home educated in Oxfordshire'. The text number '07312 263084' is prominently displayed in green, with 'Text' in blue above it and 'to message a school health nurse' in blue below it. A smartphone screen shows a list of topics for advice: relationships, contraception, mental health and wellbeing, self-harm, smoking, diet & exercise, drugs & alcohol, sleep, healthy lifestyles, and anxiety and emotional health. A QR code is located in the bottom right corner of the poster, with the text 'Or scan QR code here to start a chat' next to it.

1 - Credit: ChatHealth (2023) ChatHealth 11-19 years Poster, ChatHealth Teens A4 Poster. Edited by Oxford Health NHS Foundation Trust. Available at: <https://www.oxfordhealth.nhs.uk/wp-content/uploads/2022/03/CS53914-OHFT-ChatHealth-Teens-A4-poster-PRF1-Inc-EHE.pdf> (Accessed: 16 September 2023).

ChatHealth 11-19 is a text service for young people aged 11-19 and their parents/carers living in Oxfordshire.

Young people in this age group, and their parents/carers, can text Oxfordshire School Health Nurses for advice and support. This safe and secure text messaging service provides confidential help, advice, and signposting support between healthcare professionals and service users. All messages are responded to within one working day, excluding bank holidays and weekends. ChatHealth is available through out the school holidays.

Text number: **07312263084**.

[Start a chat today.](#)

Helping to keep your Teens safe online!



Smartphones and social media are integral to many young people's lives, offering opportunities for learning, connection, and entertainment.

However, it's crucial to ensure their use supports mental health and well-being. Regular, open conversations between parents and children about online activities can help navigate the digital world safely.

[ONLINE SAFETY: TIPS FOR KEEPING YOUR TEENAGERS SAFE | Save the Children International](#)

Festival Safety



South Central Ambulance shares some tips on staying safe at Festivals:

One of the highlights of the British summer is the number of Music Festivals with hundreds of thousands of fans of all ages attending every year.

Young people might be looking forward to dancing at the Virgin festival or enjoying the mud at Reading. To help them avoid common health risks, consider these tips:

- **Sun protection:** Recommend using sunscreen with at least SPF 15 and reapplying it regularly to guard against harmful UVA and UVB rays.
- **Hydration:** Ensure they bring a water bottle and drink plenty of water.
- **Mobile phones:** Since mobile coverage can be spotty at festivals, encourage them to have an emergency plan with friends and remind them that festival stewards are available to assist.
- **Alcohol:** If they choose to drink, advise them to do so responsibly and stay within recommended limits

- **Getting their bearings:** Festivals can feel overwhelming, encourage young people to identify the placements of their camping area, medical tent, toilets and exits.

This site has some great pointers to share with your young people who may be heading off to festivals this summer: [How to stay safe at festivals | Health For Teens](#)

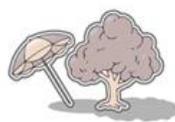


School Leavers health information

School Health Nurses have shared this newsletter with all young people in years 11 & 13 who may be leaving school this summer, it contains useful information on health services and how they can be accessed.

Embed://<iframe width="760px" height="500px"
 src="https://sway.cloud.microsoft/s/dwiA6Vcb5AfnKm6H/embed" frameborder="0"
 marginheight="0" marginwidth="0" max-width="100%" sandbox="allow-forms allow-modals
 allow-orientation-lock allow-popups allow-same-origin allow-scripts" scrolling="no"
 style="border: none; max-width: 100%; max-height: 100vh" allowfullscreen mozallowfullscreen
 msallowfullscreen webkitallowfullscreen></iframe>

Sun safety



Make use of the shade
(especially between
11am and 3pm)



Wear clothes that
protect you from the
sun



Use sunscreen
(SPF30+) and re-apply
it every 2 hours

Top sun safety tips

Staying safe in the sun doesn't have to mean avoiding it completely.

British Association of Dermatologists recommend **three** simple steps to keep safe in the sun at home or overseas. These help to keep you safe from sunburn and reduce your risk of skin cancer in the future.

Important information on Vitamin D!

Sunlight is the main source of vitamin D, necessary for healthy bones and muscles.

Skin cancer is a risk for people with white skin and so must carefully balance the benefits and risks of sun exposure.

The risk of skin cancer is much lower for people with black or brown skin, however the risk of vitamin D deficiency is much higher. This means people with these skin tones are more likely to benefit from sun exposure.

Water Safety

Drowning Prevention

As the weather warms up, many of us are drawn to bodies of water, rivers, waterfalls, lakes, the sea.

These stats from the National Water safety forum remind us of the dangers of water:

49% of UK accidental drownings occur between May and August.* We also see a heightened risk of drowning when air temperatures are higher.

When UK air temperatures reach 25°C or higher...

- There is a fivefold increase in accidental drowning risk**
- Over half of those who drowned were swimming – reflecting more people actively entering the water***
- Teenagers (aged 13-17 years) and young adults were relatively more likely to drown***

*Source: WAID (2018-2022) [Water safety strategy 2016-2026](#)

Cold water shock:



Cold Water shock can effect the body when entering water 15 degrees Celsius or less and is often linked to drowning.

Average UK and Ireland sea temperatures are around 12 degrees Celsius. Rivers, such as the Thames are colder than this, even in the summer.

Cold water shock causes blood vessels in the skin to close causing increased heart rate and blood pressure, which can result in heart attacks even in young people.

The sudden cooling of the skin causes an involuntary gasp for breath, increasing breathing rate and can cause a feeling of panic and can result in inhaling water directly into the lungs.

Action to take if you fall in unexpectedly

- **Take a minute:** the initial effects pass in less than a minute
- **Relax and Float:** <https://youtu.be/odWm3DeRFIA>
- **Keep Calm, then call for help or swim to safety if you are able**

Action to take if you're planning on enjoying the water:

Check conditions: including water temperature - before heading to the coast.

Visit metoffice.gov.uk for full surf reports in the UK and Ireland.

Wear a Wetsuit: of appropriate thickness for the amount of time you plan to spend in the water and the type of activity you're doing, if entering.

Wear a flotation device: It greatly increases your chances of making it through the initial shock.

See our [guidance on lifejackets and buoyancy aids \(PDF 3.3MB\)](#)

Additional Services and Resources

School Aged Immunisation Service (SAIS)



Immunisations are delivered by the [Oxfordshire School Aged Immunisation Service \(SAIS\)](#) for children aged 5-16 in schools and community venues in Oxfordshire.

Students in years 8 & 9 should have received the following vaccinations this academic year:

Year 8 Human Papilloma Virus (HPV)

Year 9 and Tetanus, diphtheria and inactivated Polio (Td/IP)

- **Immunisation schedule:** <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

Year 11 students with outstanding vaccinations, were invited to the HPV catch up session to provide an opportunity to complete their Immunisation schedule. If your young person has missed their immunisations please contact the SAIS team.

How to contact the *School-Aged Immunisation Service*:

- **Telephone number:** 07920254400
- **Email address:** immunisationteam@oxfordhealth.nhs.uk
- **Website:** www.oxfordhealth.nhs.uk/imms or scan the QR Code.



Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

2 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/ (Accessed: 29 May 2024).

Oxford Health's **Children's Integrated Therapies** include the services named below:

- [Occupational Therapy](#),
- [Physiotherapy](#)
- [Speech & Language Therapy](#).

The service aims to support children and young people and their families by working with our partners in health, education, social care, the voluntary sector and also other independent agencies with the above needs.

For queries, please contact them using the details below:

- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP.**

Mental Health Services

Child and Adolescent Mental Health Services (CAMHS)

The logo for Child and Adolescent Mental Health Services (CAMHS). It features the acronym "CAMHS" in large, bold, blue capital letters. Below it, the full name "Child and Adolescent Mental Health Service" is written in a smaller, bold, green font, with "Child and Adolescent" on one line and "Mental Health Service" on the line below.

3 - Credit: [Oxfordshire | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

[Child and Adolescent Mental Health Service \(CAMHS\)](#) provides essential support for children and young people struggling with emotional, behavioural, or mental health issues. *CAMHS* offers a range of services and work closely with families to ensure that children receive the care they need, whether it's through therapy, counselling, or crisis intervention. Their goal is to help young people navigate their challenges and improve their overall well-being.

[Oxfordshire CAMHS](#) offers a single point of access for parents/carers, who have concerns around mental health:

CAMHS Single Point of Access (SPA): 01865902515

Young Minds



4 - Credit: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

YoungMinds in Oxfordshire are dedicated to supporting the mental health and well-being of children and young people. They offer a range of services, including online resources, a Parents' Helpline, and various support programs tailored to different age groups. Whether your child is struggling with anxiety, depression, or any other mental health issue, *YoungMinds* provides expert advice and practical support to help families navigate these challenges.

Visit: <https://youngminds.org.uk/>

Parents' HelpLine: 08088025544

Online Chat Service: [Chat to us Online | Mental Health Help for Your Child | YoungMinds](#)

Family Lives - Support for Families

Family Lives is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges. Whether you're dealing with parenting issues, relationship difficulties, or mental health concerns, *Family Lives* offers a confidential helpline, live chat, and email support to guide you through tough times. They also provide resources on topics like bullying, special educational needs, and family dynamics, ensuring you have the tools and support needed to foster a healthy family environment. Please see their website, [here](#).

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at askus@familylives.org.uk
- Chat to them online via their [Live Chat service](#)
- Visit their [online forum community](#).



ERIC - Bladder and Bowel support

[ERIC \(Education and Resources for Improving Childhood Continence\)](#): ERIC is a UK-based charity dedicated to supporting children with continence issues and their families. They provide a wealth of resources, including:

- [Information and Advice](#): Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- [Helpline](#): To speak to an advisor please call 08088010343. Open Monday - Thursday, 10am to 2pm and is free to call from landline and mobile numbers.
- [Workshops and Training](#): Educational workshops for parents and professionals.

For more information and support, visit the [ERIC website](#). Remember, you are not alone, and there are resources available to help you and your child navigate these challenges.

OXME



The **OXME** service in Oxfordshire is a valuable resource for young people, offering a wide range of information and support. It covers essential topics such as health, learning, work experience, job opportunities, anti-bullying, and e-safety. The service aims to help young people navigate their educational and career paths while promoting their well-being and safety. Whether your child needs advice on their future plans or support with personal challenges, *OXME* is here to assist them every step of the way.

[Check out OXME here for information for young people](#)

We welcome your feedback!

Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email

CYP0-19@oxfordhealth.nhs.uk