Oxford Health
NHS Foundation Trust



# Autumn Term (2): Secondary SHN Newsletter November 2026

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***Term 2: 2nd November - 18th December 2026***

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Welcome to our **School Health Nursing (SHN) Newsletter** for parents and 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!

https://www.oxfordhealth.nhs.uk/cyp-0-19/

## How to contact us

If you wish to contact a school health nurse regarding the health of your young person, please use the details below.

### ChatHealth 11-19

**ChatHealth 11-19** is a confidential and secure text messaging service that allows young people aged 11-19, and their parents/carers, to contact the Oxfordshire School Health Nursing Team for advice and support. Young people and caregivers can use ChatHealth to receive advice, guidance, resources and signposting for a wide range of health and public health issues. Messages are typically answered within one working day, Monday to Friday, excluding bank holidays.

**Text 07312263084, or click here to 'Start a Chat'[1], and speak to a school health nurse today.**

[1] https://chathealth.nhs.uk/start-a-chat/h/OxonTeens

ChatHealth

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# 11-19 years old?

School Health Nursing messaging service for young people aged 11–19 years, and for their parents/carers, attending state schools or receiving home education in **Oxfordshire**

We provide **School Nursing** advice on issues such as:

**Relationships**
**Contraception**
**Self-harm**
**Smoking**
**Diet & Exercise**
**Drugs & Alcohol**
**Sleep**
**Healthy Lifestyles**
**Mental & Emotional Health**




Message **Oxfordshire School Health Nurses** for confidential support and advice.




## CYP 0-19 SPA

You can also contact us via our CYP 0-19 Single Point of Access (SPA):

- **Telephone: 01865 903 800**
- **Email:** cyp0-19@oxfordhealth.nhs.uk[2]

## Too Ill For School?



**Regular handwashing with soap and water** is a simple way to reduce the spread of common illnesses.

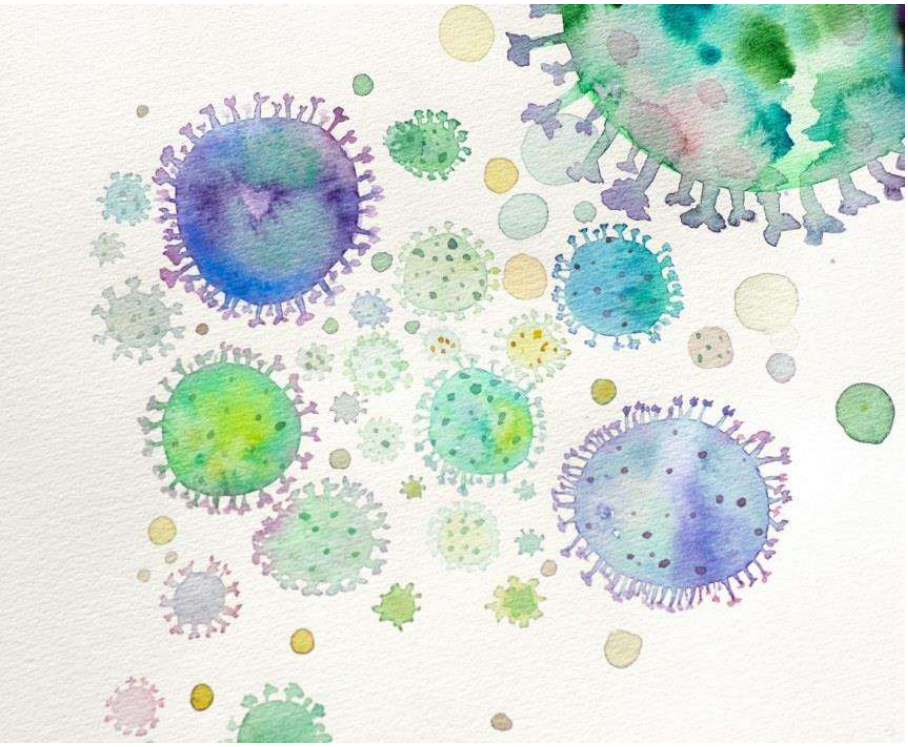
Encourage your young person to wash their hands regularly, particularly before eating and after using the toilet, coughing, sneezing or blowing their nose.

If your young person is unwell, it is not always easy to know whether they should attend school or college. NHS and UKHSA guidance can help you decide when they are well enough to attend and when they should stay at home.

- UKHSA: A guide to keeping kids healthy this school year for parents and carers[3]
- NHS: Is my child too ill for school?[4]

[2] mailto:cyp019@oxfordhealth.nhs.uk
[3] https://ukhsa.blog.gov.uk/2026/08/28/a-guide-to-keeping-kids-healthy-this-school-year-for-parents-and-carers/

# Did your child miss their Flu vaccine?



## A message from the School-Aged Immunisation Service (SAIS)

If your child misses their Flu vaccine in school, follow the steps below to book a clinic appointment:

1. Visit our website - **https://www.oxfordhealth.nhs.uk/imms/parents/**
2. Complete a consent form - Flu Vaccination Consent Form[5].
3. Make a note of the **Booking Reference** which will be emailed to you (it may go to your junk folder).
4. Book a Clinic appointment - Vaccination Clinic[6].

You will need your child's **School Code** which you will find on our website *and* on the letter about the Flu vaccine you received from the *SAIS*:

- https://www.oxfordhealth.nhs.uk/imms/parents/

***School Aged Immunisation Service – PROTECTING FUTURES – ONE VACCINE AT A TIME***

## How to contact the SAIS

- **Telephone: 07920254400**
- **Email:** immunisationteam@oxfordhealth.nhs.uk[7]

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[4] https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/
[5] https://www.oxfordhealthimms.co.uk/Forms/Flu
[6] https://www.oxfordhealthimms.co.uk/ClinicBooking/Booking

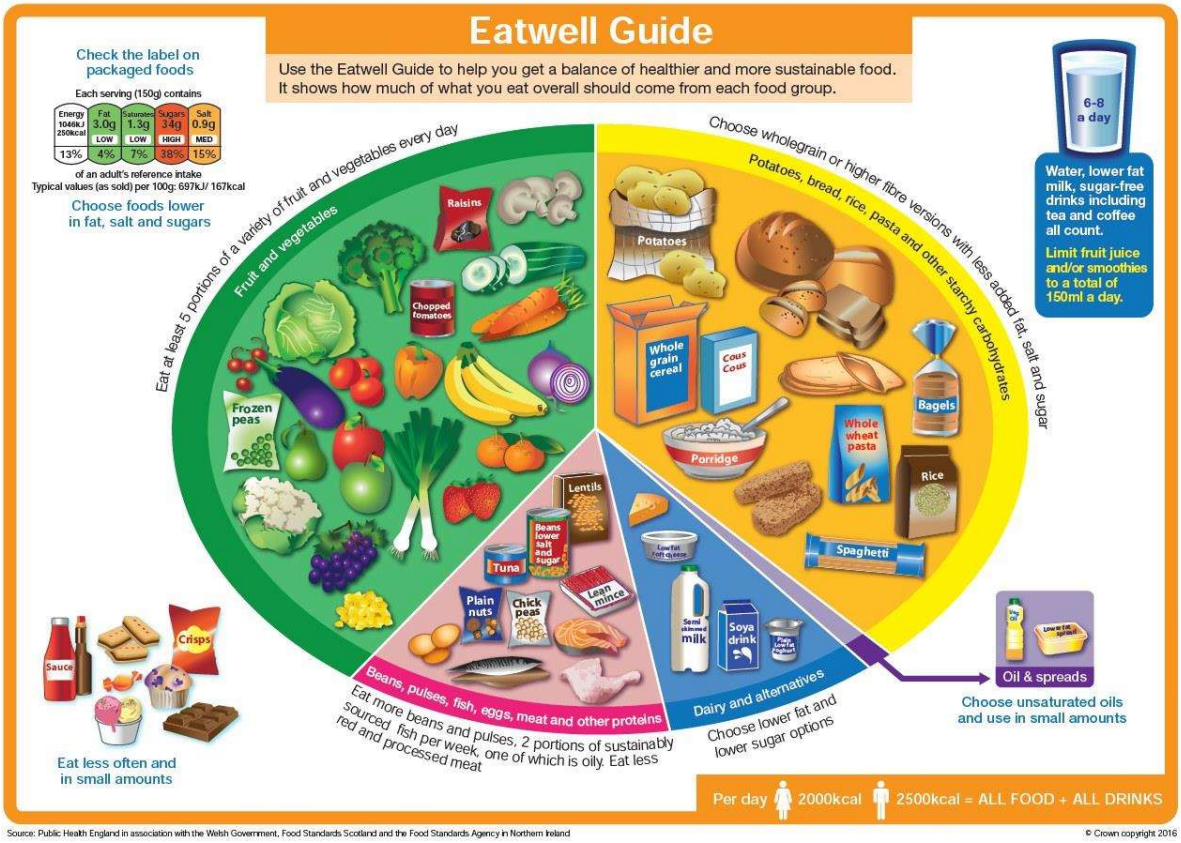
- **Website:** www.oxfordhealth.nhs.uk/imms[8]

## Healthy Eating and Exercise

During these colder, darker and wetter months, it's important for young people to continue to eat well and remain physically active.

### The Eatwell Guide

The Government's Eatwell Guide is a simple visual tool to help children and families enjoy a healthy, balanced diet.




You can read more about the Eatwell Guide here.[9] And find out more about getting your 5-a-day here.[10]

### Physical Activity Guidelines

Children and young people should aim for an average of at least 60 minutes of physical activity each day to support their physical and mental wellbeing, as detailed in the guideline graphic below.

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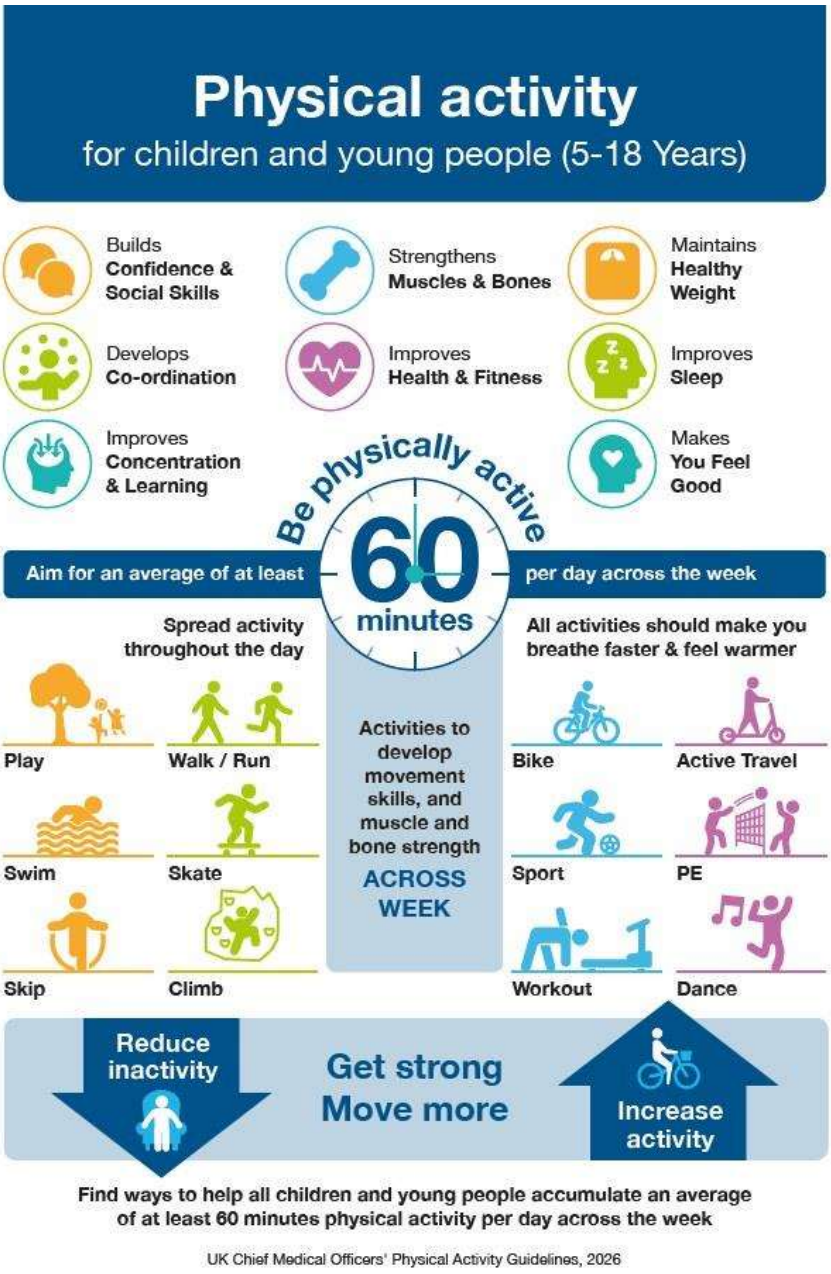
[7] mailto:immunisationteam@oxfordhealth.nhs.uk
[8] http://www.oxfordhealth.nhs.uk/imms
[9] https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/
[10] https://www.nhs.uk/live-well/eat-well/5-a-day/5-a-day-what-counts/




*1 - Please click to see full image.*

*Source: Physical activity guidelines: children and young people (5 to 18 years) - GOV.UK*[11]

For more information on physical activity and eating healthily, visit the NHS's Better Health suite of resources here. [12]

[11] https://www.gov.uk/government/publications/physical-activity-guidelines-children-and-young-people-5-to-18-years

[12] https://www.nhs.uk/better-health/

## Beezee Youth

Looking after both physical and mental wellbeing can help young people feel healthier, more confident, and better equipped to manage everyday challenges.

**Beezee Youth** is a free programme delivered by Maximus UK on behalf of Oxfordshire County Council, designed to support young people in improving their overall health and wellbeing. Through expert guidance, practical advice, and personalised support, the programme helps young people build positive habits that support both their physical and mental health.

Beezee YOUTH



# We want to make a difference, and we need your help

Sign up to Beezee Youth today for FREE health and wellbeing support. Our 6-week programme has been designed with the help of young people like you to help you navigate your way through life.

Tell us the topics that matter to you, and we'll go from there:

- Achieving goals
- Body Image
- Communication
- Exam Stress
- Motivation
- Physical Activity
- Relationships
- Self-Love




Self-referrals and/or professional referrals are welcome:

- **Email:** HelloOxfordshire@maximusuk.co.uk[13]
- **Telephone:** 0333 220 8952
- **Text:** Text **BZY** to **60777** to find out more about our free youth wellbeing programme and how we can support young people to thrive.

## Anti-Bullying Awareness



The 16th to 20th of November is Anti-Bullying Week, which starts with Odd Socks Day on the 16th.

Led by the Anti-Bullying Alliance[14], this year's theme is Break the Silence , which encourages children, young people and adults across the UK to start conversations about bullying and take action together.

For more guidance and advice around bullying, you can find helpful resources on Childline's page on bullying[15].

## Money Week November 2026




[13] mailto:HelloOxfordshire@maximusuk.co.uk
[14] https://www.anti-bullyingalliance.org.uk/
[15] https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/

Money worries can affect our mental wellbeing, and our mental wellbeing can affect how we manage our money. The two are often connected. As cost-of-living pressures continue, and with Christmas not far off, knowing where to find support is crucial.

Talk Money Week in November encourages getting a conversation started about money, and is lead by the government's Moneyhelper website, a suite of tools with advice and support on everything from fuel savings, pension, money troubles and more. You can get some great advice and help on finances by visiting this link. [16]

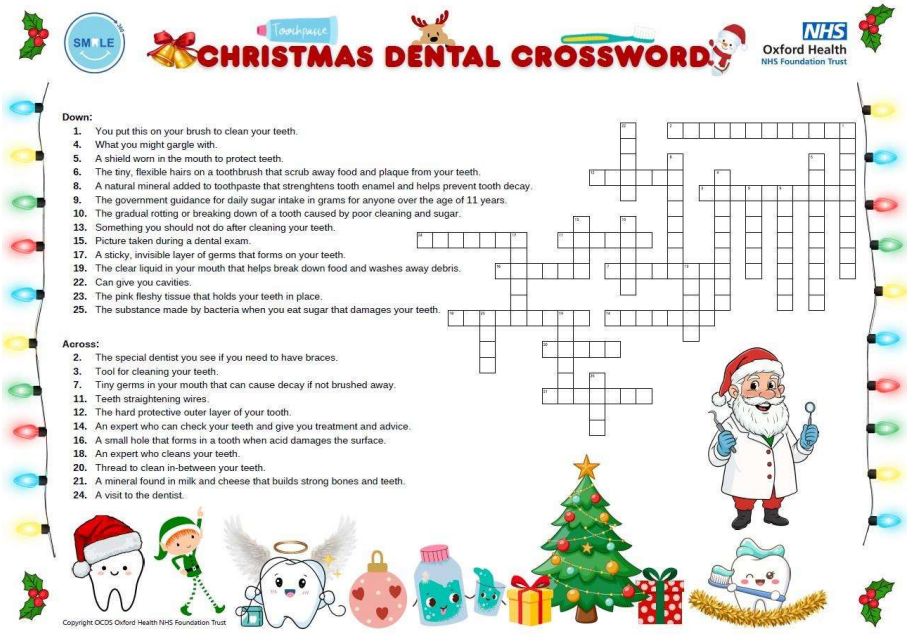
Local support is also available here at the Oxfordshire Advice Navigator.[17]

And if you are looking for support around money worries and mental wellbeing, a great starting point is the NHS's Every Mind Matters website here.[18]

## Oxfordshire Community Dental Service

As always, the Oxfordshire Community Dental Service are celebrating the season in their usual healthy fashion. Below you can take a look at this year's festive oral health-themed puzzles (for grown ups and young people) alongside some useful information to bring in the New Year with a smile.

Click the stack below to zoom in and browse!




[16] https://www.moneyhelper.org.uk/en
[17] https://oxfordshireadvicenavigator.org.uk/
[18] https://www.nhs.uk/every-mind-matters/lifes-challenges/money-worries-mental-health/

# Christmas Dental Crossword

Oxford Health NHS Foundation Trust











**Down**

2. A sticky, invisible layer of germs that forms on your teeth.
4. The substance made by bacteria when you eat sugar that damages your teeth.
5. An expert who cleans your teeth.
6. You put this on your brush to clean your teeth.
7. The tiny, flexible hairs on a toothbrush that scrub away food and plaque from your teeth.
12. The clear liquid in your mouth that helps break down food and washes away debris.
14. A sharp, chisel-shaped front tooth used for cutting and biting food.
15. Small, painful patch or lump in your mouth.
16. Part of tooth embedded in your gums.
17. Picture taken during a dental exam.
21. Something you should not do after cleaning your teeth.
23. What you might gargle with.
24. Can give you cavities.
27. The name for hardened dental plaque.
30. False teeth.
31. This happens to our teeth if we consume too many acidic or fizzy drinks
34. A large, flat tooth at the back of your mouth for grinding down food.

**Across**

1. The number of adult teeth we should get.
3. The hard protective outer layer of your tooth.
8. The gradual rotting or breaking down of a tooth caused by poor cleaning and sugar.
9. A pointy, sharp tooth used for ripping and tearing food apart.
10. Tool for cleaning your teeth.
11. A mineral found in milk and cheese that builds strong bones and teeth.
13. The amount of minutes you should brush your teeth every time you brush.
18. The yellow layer of the tooth that sits underneath the enamel.
19. The teeth found between your canines and molars that help crush food.
20. Another name for tooth decay or dental cavities.
22. Condition where there is inflammation of the gums.
25. Thread to clean in-between your teeth.
26. A visit to the dentist.
28. Tiny germs in your mouth that can cause decay if not brushed away.
29. The government guidance for daily sugar intake in grams for anyone over the age of 11 years.
32. A small hole that forms in a tooth when acid damages the surface.
33. An expert who can check your teeth and give you treatment and advice.
35. The pink fleshy tissue that holds your teeth in place.
36. A natural mineral added to toothpaste that strenghthens tooth enamel and helps prevent tooth decay.





**Word Bank**

Toothbrush Molar Premolar Hygienist Caries Saliva Gums Gingervitis Tartar Cavity Acid Erosion Thirty Plaque Decay Checkup Calcium Canine Floss Fluoride Dentures Bristles Xray Bacteria Ulcer Dentine Mouthwash Rinse Incisor Dentist Toothpaste Enamel Sugar Two Thirtytwo Root

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Find out more about the Community Dental Team and their work at their official website here: Oxfordshire CDS - Oxfordshire Community Dental Service[19]

[19]https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Foxfordhealth.nhs.uk%2Fcds%2F&data=05|02|Simon.Mastrantone%40oxfordhealth.nhs.uk|b9d28c369c824051500008df3a7a1403|759ac89b2aa44973b048e6903b46a8b6|0|0|639293968230850735|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D|0|||&sdata=ZzCQ793QeFAyoM%2BHiILrNOuL9wb7jMlB9LYHSosFwX0%3D&reserved=0

# Mental Health Support

## Local Services




*2 - Credit: Oxfordshire | Oxford Health CAMHSOxford Health CAMHS*[20]

As well as ChatHealth 11-19 [21](see above), you can also access the **Child and Adolescent Mental Health Service (CAMHS)**[22]**. CAMHS** provides support for children and young people experiencing emotional, behavioural, or mental health difficulties, working closely with families to offer care such as therapy, counselling, and crisis support.

Parents and carers can contact CAMHS via their Single Point of Access (CAMHS SPA) - please see their website for details:

- https://www.oxfordhealth.nhs.uk/camhs/

## National Services

If you or your child require mental health support, the following are always available:

- **NHS 111** – use 111 online[23] or call **111** if you require mental health help right now.
- **Childline** – call **0800 1111**, free, confidential support for under 19s.
- **Samaritans** – call **116 123** any time, day or night.
- **SHOUT** – text **85258** for free, confidential support via text.

**In an emergency, always call 999 or go straight to A&E.**

# Additional Services and Resources

## Children's Integrated Therapies (CIT) Services

Oxford Health NHS Foundation Trust's **Children's Integrated Therapies (CIT)** include:

- Occupational Therapy,[24]

[20] https://www.oxfordhealth.nhs.uk/camhs/oxon/
[21] https://chathealth.nhs.uk/start-a-chat/h/OxonTeens
[22] https://www.oxfordhealth.nhs.uk/camhs/
[23] https://111.nhs.uk/
[24] https://www.oxfordhealth.nhs.uk/cit/occupational-therapy/

- Physiotherapy[25] and
- Speech & Language Therapy. [26]

For more information, including referrals, please visit their website:

- Children's Integrated Therapy Services[27]

## ERIC - Bladder and Bowel support

**ERIC** (*Education and Resources for Improving Childhood Continence*) is a UK-based charity dedicated to supporting children and their families with bladder and/or bowel continence issues.

- Home - ERIC[28]

## Healthier Together

**NHS Healthier Together** provides health advice and resources which is personalised to your location. To access this, simply enter your GP surgery and post code to access this information.

- Healthier Together[29]

## Coram Family Lives

**Coram Family Lives** is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges, such as parenting issues, relationship difficulties or mental health concerns.

See their website which has vast amounts of information and resources for caregivers:

- Coram Family Lives - Parenting and Family Support[30]

[25] https://www.oxfordhealth.nhs.uk/cit/physiotherapy/
[26] https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/
[27] https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/
[28] https://eric.org.uk/
[29] https://www.healthiertogether.nhs.uk/
[30] https://www.coramfamilylives.org.uk/

## We welcome your feedback!



Thank you for taking the time to read this newsletter.

If you would like to provide feedback or suggest topics for future editions, please email **cyp0-19@oxfordhealth.nhs.uk**[31].

[31] mailto:cyp019@oxfordhealth.nhs.uk