

Primary School Health Nurse Team Newsletter

Term 3 Spring 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.



The health benefits of stopping smoking

Stopping smoking lets you breathe more easily

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10%

Stopping smoking gives you more energy

Within 2 to 12 weeks of stopping smoking, your blood circulation improves. This makes all physical activity, including walking and running, much easier.

You'll also give a boost to your immune system, making it easier to fight off colds and flu.

Ditch the cigarettes and feel less stressed

The withdrawal from nicotine between cigarettes can heighten feelings of stress.

Stopping smoking improves fertility

Non-smokers find it easier to get pregnant.

Stopping smoking improves smell and taste

Your senses of smell and taste get a boost.

Stop smoking for younger-looking skin

Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles.

Ex-smokers have whiter teeth and sweeter breath

Giving up tobacco stops teeth becoming stained, and you'll have fresher breath. Ex-smokers are also less likely than smokers to get gum disease and prematurely lose their teeth.

Quit smoking to live longer

Half of all long-term smokers die early from smoking-related diseases, including [heart disease](#), [lung cancer](#) and [chronic bronchitis](#).

A smoke-free home protects your loved ones

By stopping smoking, you'll be protecting the health of your non-smoking friends and family, too

Talk to your GP and take a look at the [Smoke Free Life Oxfordshire website](#)

<https://www.smokefreelifeoxfordshire.co.uk/> or

call **01865 238 036 / 0800 246 1072**

text **QUIT** to **66777**

 smokefree life
Oxfordshire

Getting enough sleep helps

children's physical and mental health, and improves concentration at school. Here are some useful tips for helping your child get enough sleep.

A warm (not hot) bath will help your child relax and get ready for sleep.

Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.

Keep your child's bedroom a screen free zone, and avoid phones, tablets and other electronic gadgets in the hour before bed.

Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together. A bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of around 18 to 24C.

Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child earplugs.

Your child could try some relaxing breathing before bed too. NHS Moodzone has more information on this <https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

If your child does have trouble sleeping, you can also contact your school nurse or GP.

Further advice can also be found at <https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

Height & Weight measurements for Reception and Year 6

The National Child Measurement Programme (NCMP) begins this term for pupils in Reception and Year 6. Letters will be sent out by your child's school giving you information about the date of the school visit. The height and weight measurements are completed privately, for each child by trained members of the school health nurse team, who are sensitive to the needs of each child. No child will be told the results of their measurements on the day, and there is no display on the scale. Result letters will be posted to parents / carers within 6 weeks of the school measurement date.



To maintain a healthy lifestyle for the whole family visit Change4Life:

<https://registration.change4life.co.uk/> or visit NHS Choices www.nhs.uk/ncmp2

You can find out how your child's result was calculated, and check how your child is growing over time, by going to www.nhs.uk/bmi

If your child is absent on the day of the school visit there may be an opportunity for them to be measured on an alternative date.

ROAD SAFETY

During the school run, there is high potential for road traffic collisions. Public Health England believe that teaching children how to behave in a traffic environment can significantly reduce the chance of an accident occurring. As children become more independent and begin to walk to school on their own, they should have an awareness of safe active travel. Children should understand the principles including: Walking on the footpath, crossing at safe places, and following the **STOP, LOOK, LISTEN** and **THINK** sequence.

For more information, visit: <https://www.think.gov.uk/education/>



To contact the SHN Team in your locality Phone: 01993 867149 or Email: Carterton.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 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

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