

# Primary School Health Nurse Team Newsletter

## Term 2 Autumn 2018

*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.*



### Stay well this winter

Children are particularly at risk of picking up infections and spreading them to other people at this time of year. It is important to make sure that hands are washed and dried well to help prevent the spread of infection.

Good hand hygiene is important and effective in preventing the spread of the flu virus and the Noro virus (winter vomiting bug)



Children with diarrhoea and / or vomiting should be kept off school until at least 48 hours after their symptoms have gone.

Children in Reception to Year 5 are offered a flu immunisation in school between October and December. If your child hasn't had their immunisation yet please return the consent form to school as soon as possible. More forms are available on our website

<https://www.oxfordhealth.nhs.uk/wp-content/uploads/2018/08/Flu-Vaccination-Form-Final-July-2018.pdf>

Flu clinic catch up dates are listed overleaf.

### Dental Health

It is important to use a fluoride toothpaste, as this helps to prevent and control tooth decay. Children from the age of seven can use family toothpaste that contains 1,350-1,500 parts per million (ppm) fluoride. Check the toothpaste packet if you're not sure, or ask your dentist

Remember to brush for 2 minutes twice a day. Encourage your child to spit out excess toothpaste but not to rinse. Rinsing with water after tooth brushing will wash away the fluoride and make it less effective.

NHS dental care for children is **FREE**. Take your child for regular [dental check-ups](#) as advised by the dentist.

Make tooth brushing fun as possible by using a timer for 2 minutes. Try the Brush DJ app which plays 2 minutes of your favorite music whilst you brush and has clips on teeth brushing technique <https://apps.beta.nhs.uk/brush-dj/>



The best snacks for maintaining healthy teeth are fruit and raw vegetables. Fizzy drinks can contain large amounts of sugar, which will increase the risk of tooth decay, sugar and sugar-free versions also contain acids that can erode the outer surface of the tooth

The [NHS Change4Life](#) website has tips and ideas for cutting down on sugary foods and drinks.

Please find details below of the school nurse led Flu clinics for children who were unable to be vaccinated in school, or who require a second dose because they are in a clinical risk group e.g. diabetic, asthmatic etc. and this is the first time they have ever received a flu immunisation, and they are under the age of nine.

Area	Date	Time	Contact number
East Oxford Health Centre	20.11.18	15:00-17:00	01865 904225
East Oxford Health Centre	28.11.18	15:00-17:00	01865 904225
Thame Cottage Hospital	4.12.18	tbc	01865 904225
Bicester	13.11.18	15:30	01869 604095
Witney Hospital Rm 3	16.11.18	15:30-17:30	01865 901295
Banbury	30.11.18	15:30	01865 904234
Bicester	4.12.18	15:30	01869 604095
Witney Hospital Room 7	18.12.18	15:30-17:30	01865 901295
Bicester	11.12.18	15:30	01869 604095
Chipping Norton Hospital Room 1	12.12.18	15:30	01865 901295
Banbury	12.12.18	15:30	01865 904234
Abingdon Community Hospital	10.12.18	am	01865 904890
Wallingford Community Hospital	11.12.18	am	01865 904845
Wantage	13.12.18	am	01865 904845
Didcot	14.12.18	am	01235 515503



## Use the right service

 <p><b>Self care</b></p> <p>Visit <a href="http://www.nhs.uk">www.nhs.uk</a></p> <p>Minor cuts and grazes bruises and minor sprains Coughs and colds Sore throat</p>	 <p><b>Pharmacy</b></p> <p>Minor ailments Bites and stings Upset stomach Medication advice</p>	 <p><b>NHS 111</b></p> <p>Feeling unwell? Need medical advice? Don't have a GP to call?</p>	 <p><b>GP Advice</b></p> <p>Out of hours call 111</p> <p>Persistent symptoms Chronic pain Long term conditions</p>	 <p><b>Urgent Care Centres</b></p> <p>Breaks and sprains X-Ray and ultrasound Cuts and grazes Fever and rashes</p>	 <p><b>HOSPITAL</b></p> <p><b>A&amp;E or 999</b> Emergencies only</p> <p>Choking Chest pain Blacking out Serious blood loss</p>
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To contact the SHN Team in your locality Phone: 01993 867149 or Email: [carterton.shns@nhs.net](mailto: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](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](http://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](mailto:dental@oxfordhealth.nhs.uk)

