

# Primary School Health Team Newsletter

## Term 5 May 2020



*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.*



### School Health Nurse support during COVID 19

*During the COVID 19 pandemic school health nurses are still available to support children, young people and families stay healthy, especially during these very stressful times. As school health nurses are public health workers, many of our staff have been redeployed in the crisis to support community hospitals, district nurse teams and the children's community nurses' team. We also have two nurses who are working in the intensive care units to help ease the burden of care for our colleagues in the acute hospitals. We are very proud of how our service has responded to the crisis displaying enthusiasm and compassion in our care of the Oxfordshire community.*

*We have retained half of our staff to maintain and support the service to children, families and schools. Our nurses have used digital means to attend meetings virtually and to keep in contact with young people and families. If you have a concern regarding your child, please use the contact details at the bottom of this newsletter to call or email or visit our website which had lots of resources and information on COVID 19.*

*We are working closely with our colleagues in Education and we will be back in schools, when they fully re-open, whenever that may be. In the meantime stay safe and stay well.*



**World Health Organization**

### Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.



Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them. If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.



Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



## Bloom

ROUTINE & STABILITY

EDUCATION & FUN

SAFE HOME & BASIC CARE

LOVE & ATTENTION

## CHILD GROWTH

FROM SEED TO FLOWER

**Being off school for an extended period is a great opportunity to combat head lice**

Follow the guidance on

<https://www.nhs.uk/conditions/head-lice-and-nits>

Lotions are only necessary if wet combing is unsuccessful



Don't forget to use sun cream and wear hats when enjoying this lovely weather



**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

**YOUNG MINDS**

Or visit <https://www.familylives.org.uk/> which has a helpline



If you would like to speak to your school nurse please call Anita Picher 07584385946

Please leave a message if we cannot answer straight away and we will call you back.

**During school holidays please call 07769 235149**

You can also e mail your school nurse on [Anita.Pitcher@oxfordhealth.nhs.uk](mailto:Anita.Pitcher@oxfordhealth.nhs.uk)

**During school holidays please E mail [SHN.Oxfordshire@oxfordhealth.nhs.uk](mailto:SHN.Oxfordshire@oxfordhealth.nhs.uk)**

**The School Health Nurse website** <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

**School Nurse Facebook page** <https://www.facebook.com/oxschoolnurses/>

**SEND (Special Educational Needs/Disabilities) Local Offer Information:**

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer/local-offer-and-covid-19>

**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)

**Covid testing guidance**

<https://www.nhs.uk/contact-us/get-help-with-asking-for-a-coronavirus-test/>

**Useful Coronavirus leaflets**

<https://www.oxfordhealth.nhs.uk/publication/coronavirus/>