

Primary School Health Nurse Team Newsletter

Term 2 November 2017

This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instill 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.



Flu Immunisations

The School Health Nurse team have been busy immunising against flu since October, and over 10,000 children in Reception, Year 1, 2, 3, and 4 are now protected at Oxfordshire Primary Schools. We will continue to visit schools until the end of term. For more information, or to download a consent form please visit our website <https://www.oxfordhealth.nhs.uk/children-and-young-people/parents/oxfordshire/school-health-nurses/flu-immunisations/>

If your child was absent or ill on the day of your school visit, please contact your local SHN team to book an appointment to be immunised:

| Flu vaccination catch up clinic sessions for children in Reception, Years 1, 2, 3 & 4 who have missed the vaccine at their school session or are educated at home | | | | | |
|---|-------|----------|---------------|------------------------|------------------------|
| Area | Day | Date | Time | To book an appointment | School Nurse Assistant |
| Abingdon | Weds | 13.12.17 | 09:00 – 12:00 | Tel: 01865 904890 | Lynn Charles |
| Banbury | Tues | 12.12.17 | 15:00-17:00 | Tel: 01865 904234 | Jemma Jackson |
| Bicester | Thurs | 14.12.17 | 09:30 -11:30 | Tel: 01869 904234 | Jemma Jackson |
| Chipping Norton | Tues | 05.12.17 | 15:00 – 17:00 | Tel: 01993 867149 | Alison Whitfield |
| Didcot | Thurs | 14.12.17 | 09:00 – 12:00 | Tel: 01235 515503 | Aimee Burgon |
| Oxford | Mon | 11.12.17 | 15:00 – 17:00 | Tel: 01865 904225 | Clodagh Murphy |
| Oxford | Thurs | 30.11.17 | 15:00 – 17:00 | Tel: 01865 904225 | Clodagh Murphy |
| Thame | Tues | 05.12.17 | 15:00 – 17:00 | Tel: 01865 904225 | Clodagh Murphy |
| Wallingford | Weds | 13.12.17 | 09:15 - 12:15 | Tel: 01865 904845 | Chris Sturdy |
| Wantage | Thurs | 14.12.17 | 09:00 – 14:15 | Tel: 01235 774548 | Lesley Tilbury |
| Witney | Sat | 09.12.17 | 10:00 – 12:00 | Tel: 01865 901295 | Marg Denley |



Email address for all queries
flu.schoolnurses@oxfordhealth.nhs.uk

Further information is also available at:

www.nhs.uk/child-flu

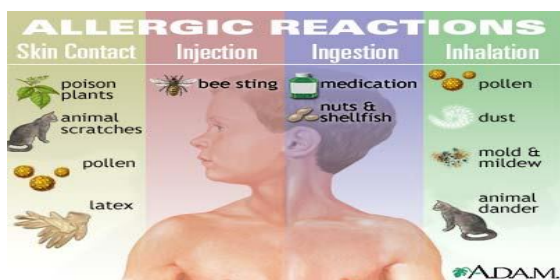
Managing Allergies in School

An allergy is a reaction the body has to a particular food or substance. Allergies are very common; it is thought to affect more than one in four people in the UK at some point in their lives. www.nhs.uk/conditions/Allergies/

People can be allergic to almost anything, for example, food particularly nuts, fish, shellfish, eggs and cow's milk, medicine, latex, insect stings, pollen and animal dander. Most of the time mild allergies can be dealt with by avoiding the substances that cause the allergic reaction called allergens or triggers, help can be sought from your GP to manage your child's allergies. Children at risk of a severe allergic reaction, which are potentially life threatening, are assessed at an allergy clinic. If they are at risk of an anaphylactic (life threatening) reaction they will be required to have emergency treatment available at all times - an **adrenaline auto injector**, which could be an EpiPen, Jext or Emerade device, which are all easy and safe to use.

School staff should be informed of all children at risk of a SEVERE allergy with auto injectors. Further information on known allergens and management plans need to be shared with school and updated annually.

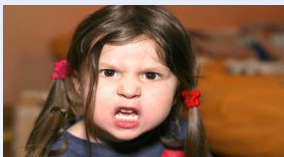
School staff are offered training each year by the school health nurse team, so school staff can safely care for children and administer adrenaline in an emergency if required. An Allergy Action Plan is written in conjunction with the Allergy Clinic. The Allergy Action Plan should be reviewed annually and we ask that all parents contact their local school health nurse team, to report any changes and to ensure their child's Allergy Action Plan is up to date.



Anger

There are lots of reasons why your child may feel angry including;

- Seeing other family members arguing or being angry with each other
- Friendship problems
- Being bullied
- Struggling with schoolwork or exams and feeling stressed
- Anxious or fearful about something.



Strategies that may help your child

Work together to try to find out what triggers their anger

- Count to 10
- Walk away from the situation
- Breathe slowly and deeply
- Clench and unclench their fists to ease tension
- Encourage them to talk to a trusted person
- Go to a private place to calm down
- If you see the early signs of anger in your child, encourage them to try one of the strategies above.

Taking Time Off?

Absence from school is sometimes unavoidable, but frequent absences for minor illnesses may contribute to pupils getting behind with their work, finding friendships difficult to maintain and losing their confidence in the classroom. When deciding whether or not your child is too ill to attend school, consider:

Is your child well enough to manage school activities?

Does your child have a condition that could be passed on to other children or school staff?

Would you take a day off work if you had this condition?

If your child is too ill to attend school, ensure you're following the school absence policy, and help them get back to school as soon as they are well.

<https://www.oxfordshire.gov.uk/cms/content/absence-due-sickness-school>

Information about managing specific medical conditions in school can be found at:

http://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf



To contact the SHN Team in your locality Tele: 01865 904890

Email: Abingdon.shns@nhs.net The school health nurse for your school is Christine Miller

<http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>