



Oxford Health
NHS Foundation Trust



Summer Term (5): Secondary School Health Nursing Newsletter April 2026

Term 5 - 13th April - 22nd May 2026

Welcome to our **School Health Nursing 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 child, please contact us using the details below:

stating name, date of birth and school your child attends

- Single Point of Access (SPA): **01865903800**
- Email: cyp0-19@oxfordhealth.nhs.uk

ChatHealth Text Messaging Service

ChatHealth **NHS Oxford Health NHS Foundation Trust**

ChatHealth 11-19 years

New School Health Nursing messaging service for young people aged between 11-19 years attending state schools or home educated in Oxfordshire

Text 07312 263084
to message a school health nurse

Text School Health Nurses for advice on issues such as:

- relationships
- mental health and wellbeing
- self-harm
- smoking
- sex & consent
- drugs & alcohol
- grief
- healthy lifestyles
- anxiety and emotional health

Or scan QR code here to start a chat

ChatHealth 11-19 is a text service for young people aged 11-19 and their parents/carers living in Oxfordshire.

Young people in this age group, and their parents/carers, can text Oxfordshire School Health Nurses for advice and support. This safe and secure text messaging service provides confidential help, advice, and signposting support between healthcare professionals and service users. All messages are responded to within one working day, excluding bank holidays and weekends. ChatHealth is available throughout the school holidays.

Text number: **07312263084**.

[Start a chat today.](#)

Exam Stress



Pressure to do well in exams can be a lot, and it can affect your child's mental health. It's normal for them to feel stressed and on edge about exams. Stress is the body's natural response to pressure. It can help to focus and get things done, but sometimes it can all get a bit much.

If your child is feeling stressed, there are things to try that might help:

- Remind them to be kind to themselves
- Spend time doing something they enjoy
- Encourage them to check in with friends
- Get enough sleep
- Talk to them about feeling under pressure with yourselves or school staff
- Remind them not to compare themselves to others

Share these links with the young people in your family:

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

[Exam stress and pressure | Childline](#)

You can also download a supportive [revision timetable from local service provider TellMi, here.](#)

May is National Walking Month!



With the sunnier weather, May is a great time to get out and exercise. National Walking Month 2026 is a campaign to encourage people across all ages and backgrounds to get outside and embrace the simple yet profound health benefits of walking. This month-long event is the perfect opportunity to explore the great outdoors, improve fitness, and connect with others in a healthy, enjoyable way.

The event encourages individuals and communities to host walking challenges, share walking routes, and raise awareness about the health benefits associated with regular walking.

For more information about exercise guidelines for all age groups, please visit:

<https://www.nhs.uk/live-well/exercise/>

And you can view a list of walks and rides in Oxfordshire here: [Walks and rides | Oxfordshire County Council](#)

Oxford Pride Parade Day - Saturday 6th June 2026



Oxford Pride is dedicated to promoting equality, diversity, and inclusion. They strive to eliminate barriers, foster respect, and create a strong sense of community, belonging, and visibility for everyone.

Oxford Pride is a registered charity run by a dedicated team of volunteers. **Membership in Oxford Pride is open to all.**

They hold events and collaborate with other organisations throughout the year to create safe, diverse and inclusive spaces for the LGBTQIA+ community where everyone feels respected and welcome.

For more information on Oxford Pride, please click the link - [Oxford Pride UK](#)

Sun Awareness



Top sun safety tips

Staying safe in the sun doesn't have to mean avoiding it completely. However the following tips are worth following. Make sure you:

- spend time in the shade between 11am and 3pm from March to October when the sun is strongest
- never burn

- cover up with suitable clothing and sunglasses
- take extra care with children
- keep babies under 6 months out of direct sunlight
- use at least factor 30 sunscreen with at least a 4-star UVA protection – make sure to use enough and re-apply frequently
- You can also check the UV index on a weather app or website. If it's 3 or higher, consider protecting your skin

Important point on Vitamin D

Sunlight is the main source of vitamin D, necessary for healthy bones and muscles, so aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

If you have naturally brown or black skin you are less likely to get skin cancer, as darker skin has some protection against UV rays. You may also need more time in sunlight to produce the same amount of vitamin D as people with lighter skin. But you should still avoid burning and take care in the sun as people of all skin tones can get skin cancer.

(SOURCE NHS)

For more detailed information on these topics, please click the link - [Sunscreen and sun safety - NHS](#)

Water Safety



As the weather warms up already, many of us are drawn to bodies of water, rivers, waterfalls, lakes, the sea. These statistics from the National Water Safety Forum remind us of the dangers of water:

- 49% of UK accidental drownings occur between May and August. We also see a heightened risk of drowning when air temperatures are higher.
- When UK air temperatures reach 25°C or higher, there is a fivefold increase in accidental drowning risk. Over half of those who drowned were swimming – reflecting more people actively entering the water.
- Teenagers (aged 13-17 years) and young adults were relatively more likely to drown.

**Source: WAID (2018-2022) UK Drowning prevention Strategy 2016-2026*

Cold water shock:

Cold Water shock can affect the body when entering water 15 degrees Celsius or less and is often linked to drowning.

Average UK and Ireland sea temperatures are around 12 degrees Celsius. Rivers, such as the Thames are colder than this, even in the summer.

Cold water shock causes blood vessels in the skin to close causing increased heart rate and blood pressure, which can result in heart attacks even in young people.

The sudden cooling of the skin causes an involuntary gasp for breath, increasing breathing rate and can cause a feeling of panic and can result in inhaling water directly into the lungs.

Action to take if you fall in unexpectedly

Take a minute: the initial effects pass in less than a minute

Relax and Float: [Float To Live – What To Do In An Emergency – RNLI](#)

Keep Calm, then call for help or swim to safety if you are able

Action to take if you're planning on enjoying the water:

Check conditions: including water temperature - before heading to the coast.

Visit [Weather and climate change - Met Office](#) for full surf reports in the UK and Ireland.

Wear a Wetsuit: of appropriate thickness for the amount of time you plan to spend in the water and the type of activity you're doing, if entering.

Wear a flotation device: It greatly increases your chances of making it through the initial shock.

SOURCE: [RNLI Water Safety - The Dangers Of Cold Water Shock](#)

Dog Bites



Dogs can bring immense fun and happiness to family life, but it's important to remember any dog can bite if they feel they have no other option. Luckily, most dog bites are preventable, and if you click and scroll on the expandable stack below, you will find tips to help reduce dog-related injuries at home.

[For more information, visit the Child Accident Prevention Trust website.](#)



The bond between your child and dog can bring fun and happiness to family life. We don't expect our own dog to bite, but any dog can bite if they feel they have no other option.

Children are most likely to be bitten at home, by a familiar dog. Luckily most bites are preventable and close supervision is key.

👉 A calm, happy dog is less likely to react unsafely to children's natural exuberance.

- Give your dog a safe space of their own where they can go if they need time out. Have a rule to leave them alone when they're there.
- Keep them occupied – physical exercise and mental activity help keep your dog happy.
- Teach your child to be calm and kind with your dog. Avoid shouting, teasing or restrictive cuddles.

👉 Close supervision is the most important thing to keep children safe.

- Watch, listen and remain close when your child and dog are together.
- If either your dog or child seems unhappy, positively and calmly separate them. You can throw your dog a treat or toy, or lead your child away.
- **Understand your dog's body language** so you can spot signs they feel uncomfortable or stressed.
- When you know you'll be distracted during busier times, use safety gates to keep children and dogs separate. Or, take your child or dog with you.

👉 Trigger times – teach your child to leave your dog alone when they are:

- Sleeping – no-one likes to be woken up suddenly.
- Eating or having a treat – they might think you're going to take their food.
- Have a toy or something else they really like – they might not want to share!



👉 Your growing child – as your child changes, the risks can change too.

- Teach the rules to your child from an early age and keep explaining them as your child understands more.
- As your child becomes more mobile, review changes needed, like adding safety gates.
- Think ahead about your changing family life and new risks that can emerge. Read our fact sheet on bringing baby home.

👉 Still worried?

- If you're worried by the way your dog is with your child, talk to your vet. They'll check your dog's health and can refer you to a qualified animal behaviourist.
- Visit the [Animal Behaviour and Training Council](#) website to find a qualified behaviourist near you.

Free Eye Tests



The Importance of Regular Eye Tests for Your Child

As parents, we want to give our children every opportunity to thrive, and good vision plays a vital role in their learning and development. That's why regular eye tests are so important.

At school, we offer all children a vision screening in their Reception year, which helps identify any early concerns. However, a child's eyesight can change as they grow, so it's essential to have regular check-ups at the opticians. Optometrists do much more than just checking for glasses—they also assess overall eye health, looking for conditions that might not have obvious symptoms. Early detection can make a big difference in preventing long-term vision problems.

The good news is that sight tests are free for all children under 16, and if your child needs glasses, there is financial support available, meaning they could get them at no cost to you.

Booking an appointment with an optician is simple and could have a huge impact on your child's confidence, education, and well-being. Don't wait until they struggle—make regular eye tests a part of their healthcare routine.

Priti Kashyap, Vision Screening Lead at Oxford Health in the 0-19 Children's and Young People's Public Health Service.

School Aged Immunisation Service (SAIS)



A big Hello from the Oxfordshire School Aged Immunisation Service (SAIS). We hope you all had an enjoyable Easter break.

This term our concentration is directed towards the Tdp/MenACWY programme with the year 9's. You may have been sent an email requesting you to submit a consent form. Don't worry if you haven't received one yet, you will soon.

You may be wondering what Tdp/MenACWY is and asking yourself why your child should receive it? Here is some information for you:

https://assets.publishing.service.gov.uk/media/66953aa349b9c0597fdafd31/UKHSA_12962_young_people_immunisation_2024.pdf

You can also find more information on our website:

<https://www.oxfordhealth.nhs.uk/imms/parents/>

If your child is nervous or anxious please don't worry, we are experienced in supporting children to successfully have their vaccinations and ultimately it is their choice on the day. We provide them with all the information they need to be able to make an informed decision which is right for them.

You will receive notification by email, during the evening of the vaccination day, regarding whether the vaccination was or was not given, side effects to watch out for and information about the vaccination itself. If we were not able to vaccinate your child the information will include next steps to get your child successfully vaccinated.

If you have any questions or queries, please give us a call on 07920 254 400 or email Immunisationteam@oxfordhealth.nhs.uk

You can also visit at our website for news and information:

<https://www.oxfordhealth.nhs.uk/imms/parents/>

Remember Consent Forms requesting vaccination will remain valid until your child is vaccinated but you must let us know if there have been any medical changes.

Oxfordshire School Aged Immunisation Service

Protecting futures one vaccine at a time!

Quick and Reliable NHS Advice About Your Child's Health



It can be difficult to know when your child needs to see a doctor and when it's safe to care for them at home. The [Healthier Together website](#) and app have been developed by local NHS healthcare professionals to help parents and carers make confident decisions about their child's health.

Using an easy-to-follow **traffic light system**, Healthier Together provides clear advice on what to look out for, when and where to seek help, and how to care for your child's symptoms at home. The guidance can help you decide whether to visit your GP, seek advice from your local pharmacy, or manage your child's illness safely yourself.

You'll also find:

- Advice on **school attendance** for common illnesses and infections
- **A directory of local health and wellbeing services** for families
- **Translation tools** to view information in different languages

The **Healthier Together app**, available on the [Apple App Store](#) and [Google Play Store](#), includes a simple **symptom checker** that can direct you to the right NHS service and help you contact them.

Save the site or [download the app](#) today so you have trusted NHS advice at your fingertips whenever your child is unwell.

Visit: www.healthiertogether.nhs.uk

Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

Oxford Health's **Children's Integrated Therapies** include the services named below:

- [Occupational Therapy](#),
- [Physiotherapy](#)
- [Speech & Language Therapy](#).

The service aims to support children and young people and their families by working with our partners in health, education, social care, the voluntary sector and also other independent agencies with the above needs.

For queries, please contact them using the details below:

- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP.**

Mental Health Services

If you or someone you know is experiencing a mental health crisis, here are some important numbers you can call:

- **[NHS 111](#)**: For urgent mental health support, you can call 111 and select the mental health option.
- **[Samaritans](#)**: Available 24/7 at 116 123 for confidential support.
- **[Shout Crisis Text Line](#)**: Text “SHOUT” to 85258 for 24/7 support via text.
- **[Mind Support Line](#)**: Call 0300 102 1234 for advice and support (9am to 6pm, Monday to Friday).
- **[Papyrus HOPELINEUK](#)**: For those under 35, call 0800 068 4141 or text 07786 209 697 for support.
- **[Tellmi](#)** is a multi-award winning, age-banded, peer support app that has been funded by Oxfordshire County Council for 11 to 18 year olds. Unlike social media platforms, all posts and replies are checked by a trained human moderator before going live and qualified counsellors intervene pre-emptively if they have any concerns about a young person. By providing young people with a safe space to anonymously discuss their worries with each other, Tellmi gives young people the tools they need to tackle anxiety before it undermines their confidence.

[In an emergency](#), always call 999 or go to your nearest A&E.



Child and Adolescent Mental Health Services (CAMHS)

Child and Adolescent Mental Health Service (CAMHS) provides essential support for children and young people struggling with emotional, behavioural, or mental health issues. *CAMHS* offers a range of services and work closely with families to ensure that children receive the care they need, whether it's through therapy, counselling, or crisis intervention. Their goal is to help young people navigate their challenges and improve their overall well-being.

Oxfordshire CAMHS offers a single point of access for parents/carers, who have concerns around mental health:

CAMHS Single Point of Access (SPA): 01865902515



1 - Credit: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

YoungMinds in Oxfordshire are dedicated to supporting the mental health and well-being of children and young people. They offer a range of services, including online resources, a Parents' Helpline, and various support programs tailored to different age groups. Whether your child is struggling with anxiety, depression, or any other mental health issue, *YoungMinds* provides expert advice and practical support to help families navigate these challenges.

Visit: <https://youngminds.org.uk/>

Parents' HelpLine: 08088025544

Online Chat Service: [Chat to us Online | Mental Health Help for Your Child | YoungMinds](#)

ERIC - Bladder and Bowel support

ERIC (Education and Resources for Improving Childhood Continence): *ERIC* is a UK-based charity dedicated to supporting children with continence issues and their families. They provide a wealth of resources, including:

- Information and Advice: Comprehensive guides on managing bedwetting, daytime wetting, and constipation.

- **Helpline:** To speak to an advisor please call 08088010343. Open Monday - Thursday, 10am to 1pm and is free to call from landline and mobile numbers.
- **Workshops and Training:** Educational workshops for parents and professionals.

For more information and support, visit the [ERIC website](#). Remember, you are not alone, and there are resources available to help you and your child navigate these challenges.

Family Lives - Support for Families

Family Lives is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges. Whether you're dealing with parenting issues, relationship difficulties, or mental health concerns, *Family Lives* offers a confidential helpline, live chat, and email support to guide you through tough times. They also provide resources on topics like bullying, special educational needs, and family dynamics, ensuring you have the tools and support needed to foster a healthy family environment. Please see their website, [here](#).



If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at askus@familylives.org.uk
- Chat to them online via their [Live Chat service](#)
- **We welcome your feedback!**



Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email

cyp0-19@oxfordhealth.nhs.uk