

Primary School Health Team Newsletter

Term 6 June 2022



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.

Transitioning to secondary school

Going to secondary school can be an amazingly exciting but also daunting prospect. Independence, new teachers and friends, specialist learning, and sports facilities are brilliant, but most children are also concerned about social interactions, finding their way and new rules and expectations. Talk to your child about their worries and the things they are looking forward to. Reassure them their conflicting emotions are very normal. Practice packing a bag the night before for the next day's activities and run the route to school together during the summer. Encourage children to practice their independence within safe boundaries in the holidays. Schools will be hugely supportive to young people when they start, helping them understand issues like lockers and school lunches. Please contact your school nurse if your child has any specific or additional needs or worries, or you would like to talk about how to support your child.

[Starting secondary school - BBC Bitesize](#)

[School Resources to Help With Transitions](#) | [Mental Health](#) | [YoungMinds](#)



13th June

Switch up your lunch

To encourage everyone in Oxfordshire to make a positive difference to the environmental impact of our food, to pledge to eat a vegetarian or vegan lunch every year in June

<https://goodfoodoxford.org/switchupyourlunch/?msclid=b96610f3d06011ec9df0afe9982370db>

Live Q&A

Children's Oral Health
and their diet

Community
Dental
Services

Monday the 14th June @ 7.30pm.
Held on Community Dental Service's Facebook
page!

@communitydentalservices

Every smile counts!

Submit your Questions:



[What's On In The Summer Holidays - Oxfordshire - Free Time with the Kids](#)

[Search Results | Family Information Directory \(oxfordshire.gov.uk\)](#)

[Out of school clubs and holiday playschemes | Oxfordshire County Council](#)

Foodbank services

[Locations | Food Services in Oxfordshire \(goodfoodoxford.org\)](#)



We know times are very challenging for many now and charities are supporting communities by providing food and everyday essentials through foodbanks. The link above enables you to click on a foodbank location in your area and gives contact details.

Gloji Energy – Healthy Lifestyle Groups - The team at Achieve Oxfordshire help residents to lose weight, get fitter and healthier by making small, sustainable lifestyle changes through our range of free weight management programmes. Previously, we have only ever been able to offer this to adults, however we are very excited to launch our first child weight management programme called Gloji Energy.

This exciting new 12-week programme is fully funded by Oxfordshire County Council and therefore a free programme for children and their parents/carers. Gloji Energy will be accessible to children aged 4-12 years old. There will be both group and one to one sessions available, dependant on the needs of each family.

The sessions will be 1 hour long which will involve 45 minutes of physical activity for the children whilst the parents/carers learn about nutrition and healthy habits with our team of expert practitioners. Parents/carers can expect to learn things including portion sizes, snacking habits, children's nutritional requirements and so much more. During this time children will engage in fun interactive sessions which will include things such as trampolining, dance, martial arts, and dodgeball. The remaining 15 minutes will be an interactive activity for the whole family.

These sessions are designed to help get the whole family moving and make healthier lifestyle choices together. Your child will be eligible for this programme if their weight is in the 91st percentile or above. For more information, please do not hesitate to contact Achieve Oxfordshire on via email: glojienergy1@achieveoxfordshire.org.uk or via telephone on: 01865 590292.

Sun Safety



TOO MUCH SUN:

Can cause burns, headaches and sunstroke. It can damage eyes and lead to dehydration and heat exhaustion.

STAY SAFE:

Wear protective clothing and use a high factor sun cream.

Limit your time in the sun and drink plenty of water

[Sun safety advice for parents | British Skin Foundation](#)

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

Or visit



YOUNG MINDS

<https://www.familylives.org.uk/>

Gloji Energy

Gloji Energy is our new Child Weight Management Programme available for children aged 4-12 years old.

Fun energetic sessions:
Trampolining
Martial arts
Dance
Dodgeball

Learn about portions, snacking, self-esteem and more...

1:1 or group sessions

Sessions will be 1 hour long including 45 minutes of physical activity for children while parents/carers learn about nutrition and healthy habits with our team of expert practitioners. The last 15 minutes will be an interactive session for the whole family.

Locations:
Oxford
Banbury
Witney
Berinsfield
Abingdon

CONTACT US:
GlojiEnergy1@achieveoxfordshire.org.uk
01865590292

Get the whole family moving more and making healthier lifestyle choices together

Nutrition Movement Mind Sleep



ParentLine Text

07312 263227

Our new on line messaging service if you have a health concern regarding your child please text the number above, any time, and receive a response within one working day, available throughout the whole year

Your school health nurse is: Anita Pitcher



If you would like to speak to your school health nurse, please call: 01865 901295

We will call you back if you leave a message. Or email witney.schoolnurses@oxfordhealth.nhs.uk

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>