



**Oxford Health**  
NHS Foundation Trust



## Summer Term (5): Primary 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.

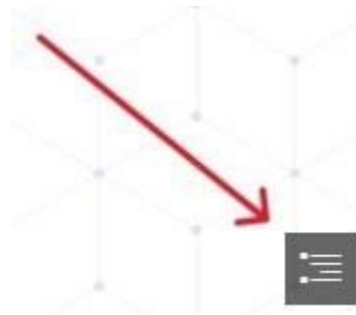
As your school health nurses, we are here to support you and your family every step of the way. Stay tuned for more updates, tips, and resources in our upcoming newsletters.

Together, we can nurture a bright and healthy future for our children!

<https://www.oxfordhealth.nhs.uk/cyp-0-19/>

See what's included in this newsletter, and to jump to a section which interests you.

Please click the navigation icon in the bottom right-hand corner of your screen.



## How To Contact Us



If you wish to contact a school health nurse regarding the health of your child, please contact us, **stating their name, date of birth and the school your child attends**

- Single Point of Access (SPA): **01865903800**

- Email: [cyp0-19@oxfordhealth.nhs.uk](mailto:cyp0-19@oxfordhealth.nhs.uk)

## ChatHealth Text Messaging Service

**ChatHealth**

**NHS**  
Oxford Health  
NHS Foundation Trust

### ParentLine 5-11 years

New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

**Text 07312 263227**  
to message a school health nurse

Text School Health Nurses for advice on issues such as:

- diet & healthy lifestyles
- toileting
- sleep
- bullying
- support with behaviours
- general and emotional health

Or scan QR code here to start a chat

We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be sent between 9am and 5pm, Monday-Friday excluding Bank Holidays. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). We might inform other relevant professionals if we are concerned about your safety, but we would usually speak to you first. To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

**ParentLine 5-11 is designed for parents and carers of children aged 5-11yrs, who live in Oxfordshire**

This online messaging service, provided by Oxford Health School Health Nurses, offers advice and support. It is a secure and confidential text messaging service that connects healthcare professionals with service users, providing discreet assistance, guidance, and support direction.

Messages are usually answered within one working day Monday-Friday, excluding Bank holidays.

**Text number: 07312263227.**

**[Start a chat today.](#)**

## 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](#)

## 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: <https://rnli.org/safety/know-the-risks/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.](#)

# 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!



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 for the 0-19 Children's and Young People's Public Health Service**


## Reception & Year 6 Health Screenings - What You Need To Know



As part of our School Health Screening Programme this academic year, all **Reception** children will be offered:

-  **Vision Screening**
-  **Height & Weight Measurement** through the **National Child Measurement Programme (NCMP)**

All **Year 6** children will be offered:

-  **Height & Weight Measurement** through the **National Child Measurement Programme (NCMP)**

You'll receive a letter with full details before the session.

### **Opting Out**

If you do **not** wish your child to take part in one or both screenings, please follow the opt-out instructions in the letter.

Children will be automatically included unless you opt out.

### **Accessing Your Child's Results**

Results will be available within **two weeks after the screening** via our secure School Screener Parent Portal: [Create an account](#)

 **This is the only way to receive your child's results.**

### **Did You Know?**

- You can add multiple children to one School Screener parent account.
- If you have already created a School Screener account, you can log in with your previous details and add a child to your account [How do I add another child?](#)

## **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.

It is important to us that you and your family feel and stay well nobody enjoys feeling poorly. Just as you do, we want your children to thrive, as they grow into strong, independent young people.

By ensuring that your child is up to date with their childhood immunisations allows them the best chance to achieve this by remaining well and performing to the best of their ability at school.

Here are some ways you can check if your child has received all their vaccines:

**Check:**

- The full UK vaccination schedule at <https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>.
- Your child's Red Book to make sure they've had all the vaccines that are due.

**If you're not sure:**

- Ring your GP and ask!

If you have any questions or queries, please give us a call on **07920 254 400** or email [Immunisationteam@oxfordhealth.nhs.uk](mailto:Immunisationteam@oxfordhealth.nhs.uk)

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

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

**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](http://www.healthiertogether.nhs.uk)



## Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

*1 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: [https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/) (Accessed: 29 May 2024).*

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.**

## 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.

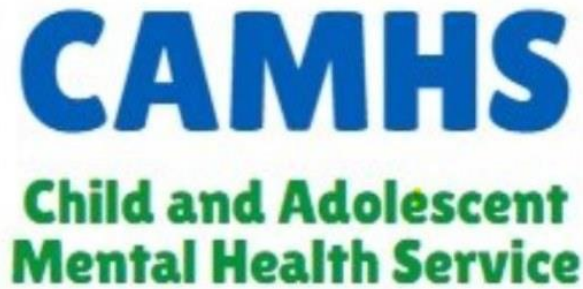
## Mental Health Services

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.

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

## Child and Adolescent Mental Health Services (CAMHS)



2 - Credit: [Oxfordshire | Oxford Health CAMHS](#)[Oxford Health 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**

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### *Young Minds*

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3 - 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](#)

## 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](mailto: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](mailto:cyp0-19@oxfordhealth.nhs.uk)