

# Primary School Health Team Newsletter

## Term 3 February 2021



*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.*

Dear all

Just to let you know that we will be sending out our newsletters more frequently during this time where most children are at home. We want to remind you that the school nursing team are still available for advice and support on any health worries you have. Our contact details are at the bottom of the page and we can liaise with you by phone, digital consultation, email or face to face wearing PPE.

There are a lot of resources available to support you and your children and we hope to cover a varied range of topics that may be creating some challenges during these difficult times.

Keep going and stay safe – Primary SHN team

### Anxieties and worries

Many parents and carers are experiencing increased levels of stress and anxiety during the pandemic, and so are many children. Finding a way to talk to your child about their worries can be hard, so try making a worry monster/eater together with your child, as means of learning what their fears are, and starting to reduce and banish them!

A worry monster is designed to discuss and lessen worries. Children write down or draw their worry onto a piece of paper and then feed it to their worry monster. Once the monster has eaten it, the worry can be discussed and shared with an adult.



Worry Monster teddies/toys are available to buy online, however you could easily make your own Monster Box at home! Out of tissues boxes, coffee tins or toilet rolls! Check out Pinterest or use this link to create your own paper worry monster:  
<https://www.elsa-support.co.uk/wp-content/uploads/Worry-Monster-Craftivity.pdf>

Or this link to design your own worry monster: <https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Design-a-worry-monster.pdf>

Click on this link or paste into your browser, this resource from Oxfordshire County Council has great ideas and resources to help you structure your daily routine, and predictability reduces anxiety. It also has some breathing exercises for children and a section on muscle relaxation, with calming scripts and guided meditation, at different levels suitable for adults and children. Books and apps are also recommended, and there is loads of useful information to simply help you get through the day.

<https://schools.oxfordshire.gov.uk/cms/sites/schools/files/folders/folders/documents/learnerengagement/coronavirus/WorriesandAnxieties.pdf>

## Tips for helping a friend experiencing domestic abuse during COVID-19.



### Ask them how they would prefer to connect

"How would you prefer we connect?"



### Stay in touch and be creative

"Let's have a call with the kids?" or,  
"Let's play a game online."



### Be supportive and believe in them

"You are not alone. I care about you,  
and I'm here for you, no matter what."



### Help them think through how to stay safe

"Let's develop a safety plan."



### Help them find a local domestic violence helpline

"Here is the contact information for  
that grocery store I told you about."

**Oxfordshire Domestic Abuse Service (ODAS) Helpline - 0800 731 0055 Open Monday – Friday 9.30am – 6pm, Saturday 10am – 4pm. A freephone number that will not show on your telephone bill but may appear on an itemised mobile phone bill.**

## 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



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

## Advice and support for bed wetting

Has your child never been dry at night?  
Is your child wetting the bed again?

Drinking too little is a common reason for bed wetting. Many children do not drink enough fluid each day. If a child does not drink enough, their bladder will not be used to stretching adequately to hold the larger amounts of urine produced overnight. Too little fluid makes the urine concentrated, which may irritate the bladder and therefore need to be emptied more often. This can also make it more difficult for children to achieve full control of their bladder. There is help at hand – please check out the ERIC website and contact your school nurse for more support.



<https://www.eric.org.uk/Pages/Category/bedwetting>

**Contact your school nurse for support**

Children's Integrated Therapies Services in Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: **01865 904435** Or visit

[https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/)

Your school health nurse is: Kate Dobie



If you would like to speak to your school health nurse, please call: **07917 217617**

We will call you back if you leave a message, or email: [oxfordhealth.wantageandfaringdonshteam@nhs.net](mailto:oxfordhealth.wantageandfaringdonshteam@nhs.net)

**HOLD** – for parents and carers that may be feeling stressed or isolated and need to speak to someone with concerns about their child. Our HOLD service allows parents to send brief details so that a school nurse can call them back. To access this service simply email [SHN.oxfordshire@oxfordhealth.nhs.uk](mailto:SHN.oxfordshire@oxfordhealth.nhs.uk) with details of the child's name, date of birth, school, contact number and a brief outline of health need.

School Health Nurse website: [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

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