

Primary School Health Nurse Team Newsletter

Term 6 June 2018

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.



Slip on a shirt

Slop on sun cream

Slap on a hat

Seek shade

Slide on sunglasses



Damage to your skin from sunburn when you are young could lead to skin cancer developing in later life, so it is important to take precautions to protect yourself from exposure to ultraviolet radiation from the sun which damages the DNA in skin.

Stay safe in
the sun
this summer

Spring into action and be more active.



Children need to be active for at least 60 minutes per day. Getting enough physical activity can help improve concentration, co-ordination, school performance, general health, sleep and mood. And while school PE lessons and break times help with this, there are some simple ways to help get younger children moving as part of your daily routine. Here are a few ideas:

1. Walk, scooter or cycle to and from school whenever you can. Read about the [health benefits of cycling](#).
2. Take the dog for a walk. If you don't have one of your own, ask if you can borrow a friend or neighbour's dog.
3. How about roller skating, ice skating, rollerblading or skateboarding?
4. Find time every week to do something active with your child. Play Frisbee or football, go to the park, or try trampolining.

Top Tips for being active during the holiday

1. Joining a sports club encourages your child to make a commitment to a team and regular exercise. Find [sports and fitness activities in your area](#).
2. Do an activity challenge together, such as training for a fun run or charity walk. The Parkrun website for [free weekly 5K runs near you](#).
3. Fly a kite. [The Kite Society of Great Britain](#) has local groups that meet for special flying days where experienced members offer advice and help.
4. Take a trip to the beach. Beaches offer loads of ways for kids to get moving, including rock-pooling, swimming, and plenty of running around.
5. The [National Parks](#) website has lists of events like children's fun days and guided walks.
6. You'll find more advice on getting active on the [Change4Life](#) website.



Preparing your child for starting school

Starting school is an exciting time for children but can also be an anxious one. If your child moves into reception this September, there are lots of things you can do to help them prepare. Encourage them

- To have strong social skills
- cope emotionally with being separated from their parents
- relatively independent in their own personal care
- have a curiosity about the world and a desire to learn

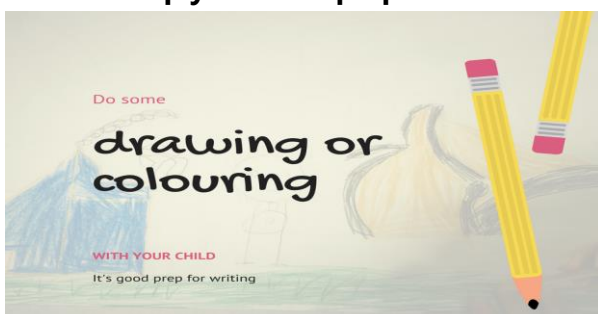
Your health visitor will support you and your child until they are five. They can help your child preparing for school by achieving vital skills e.g. Can your child learn to go to the toilet on their own?

Can they express how they are feeling?

Are they able to dress themselves?

Can they participate in a group?

Contact your health visitor now if you need ideas to help your child prepare for school



[Find out how to teach your child everyday skills. free guide on preparing your child for school](#)

Year 6 Secondary School Entry Health Review

If your son or daughter will be starting secondary school in September, we would like to take this opportunity to introduce the Secondary School Health Nursing Service in Oxfordshire.

School Health Nurses are based in secondary schools and work in partnership with teaching and pastoral school staff to provide support and guidance to young people, to help them make healthy lifestyle choices. This is a confidential service, available to all students. Our priority is to safeguard the health and well-being of young people at all times so information will be shared if it is felt the young person, or somebody else is unsafe or at risk of harm.

All current Year 6 pupils will be asked to complete a Secondary School Entry Health Review form and return it to the School Health Nurse based in their new school. If health needs are identified a health review will be offered by the School Health Nurse in the Autumn Term.



To contact the SHN Team in your locality

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The school health nurse for your school is Helen Newitt

<http://www.oxfordhealth.nhs.uk>

