



**Oxford Health**  
NHS Foundation Trust



# Term 1 Secondary School Health Nursing Newsletter September 2025

**Term 1 - 1st September - 24th October**

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*Welcome to our **School Health Nursing Newsletter** for parents/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/>

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## How to contact us



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*If you wish to contact a school health nurse regarding the health of your child or young person,  
please contact us using the details below, please include the full name, date of birth and school  
that your child is attending:*

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

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

## ChatHealth Text Messaging Service



1 - Credit: ChatHealth (2023) ChatHealth 11-19 years Poster, ChatHealth Teens A4 Poster. Edited by Oxford Health NHS Foundation Trust. Available at: <https://www.oxfordhealth.nhs.uk/wp-content/uploads/2022/03/CS53914-OHFT-ChatHealth-Teens-A4-poster-PRF1-Inc-EHE.pdf> (Accessed: 16 September 2023).

**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 through out the school holidays.

Text number: **07312263084**.

[Start a chat today.](#)

## Transition: Moving up to Secondary School

The move up to “big school” can be a time that is mixed with excitement and uncertainty. Anna Freud have created a short guide to support parents/carers in guiding their child through this transition. In it, it discusses why transition can be tricky for some children and gives some practical advice on how to smooth the move to secondary school. [Supporting children's transition to secondary school: guidance for parents and carers | Anna Freud](#)

## Ensuring your child is in school



The Oxfordshire County Attendance Team understands the challenges families face regarding school attendance. Whether it's dealing with illness, anxiety, or other personal issues, ensuring regular attendance can be tough. The team is there to support you and your child through these difficulties.

[Please see the latest advice and guidance on their website.](#)

Information and Support Services:

- **Advice and Guidance:** The team offers expert advice on managing attendance issues, including dealing with lateness, sickness, and unauthorized absences. They provide practical tips and strategies tailored to your family's needs.
- **Early Intervention:** By working closely with schools, the team identifies attendance issues early and collaborates with parents to address them before they escalate.
- **Parenting Contracts:** These contracts help clarify expectations and responsibilities, providing a structured approach to improving attendance.
- **Penalty Notices and Legal Action:** While the focus is on support, the team can issue penalty notices and take legal action if necessary, ensuring compliance with the Education Act 1996 and the Anti-Social Behaviour Act 2003.
- **Workshops and Resources:** The team offers workshops and resources to help parents understand the importance of regular attendance and how to support their child's education.

For more information or to seek support, you can contact the County Attendance Team:

- Telephone: 01865 323513 or

Email: [attendance@oxfordshire.gov.uk](mailto:attendance@oxfordshire.gov.uk)

## Emergency Medications

If your child has a **severe allergy** or **medical diagnosis** which requires **emergency medications** (e.g. Epilepsy), it is essential that you ensure they have enough in-date medication to share with their school. This medication is required to be taken in to school on the first day of the new school year.

For young people attending secondary school, we advocate for them to begin managing their own health needs, such as carrying their adrenaline autoinjectors with them at all times. As their parents, please continue to encourage and support your young person with taking more responsibility for their health.

We also want to remind you that it is important that you inform your child's school of any changes or updates to their health care plan. *Please see the [UK Government's guidance](#) for more information.*

For any advice, concerns or questions regarding your child's care plan, please contact us, as below:

- **Single Point of Access (SPA): 01865 903800**

- Email: [cyp019@oxfordhealth.nhs.uk](mailto:cyp019@oxfordhealth.nhs.uk)

## STOPTOBER



- Stoptober encourages thousands of smokers to quit the habit this October
- Smoking remains the single biggest cause of preventable illness and death in England
- People are 5 times more likely to quit for good if they can make it to at least 28 days smoke free
- Smokers are more likely to quit with support.

Young people can access support to quit smoking by speaking to the School nurse.

If you are a parent who would like support to quit smoking, please see [Smokefree Oxon – A Stop Smoking Service](#)

### Vaping

The sale of tobacco and vapes to people under the age of 18 is an offence.

The Chief Medical Officer states “If you smoke, vaping is much safer; if you don’t smoke, don’t vape.”

If you vape and have ever thought about quitting, but don’t know how and need advice and support, please speak to your school nurse.

## NEW - Beezee Youth: A Free, Youth-Focused Wellbeing Programme

Are you looking to build healthier habits, manage stress, or feel more confident in yourself? Beezee Youth is a completely free, 6-week online programme made by young people, for young people. It’s open to anyone aged 13–17 who lives, goes to school, or is registered with a GP in Oxfordshire.



- What's it all about? Beezee Youth covers the topics that matter most to you, think anxiety, body image, mindfulness, social media, exam stress, and more, alongside expert-led discussions on nutrition, self-esteem, and positive lifestyle changes.
- How does it work?
  - Take part in 6 weeks of guided online group sessions, facilitated by trained nutritionists and wellbeing coaches.
  - Or, learn at your own pace over six months via their online Academy, ideal if you prefer flexibility or working independently.
- Why join? It's a safe, non-judgemental space where you can connect with peers, build resilience, set personal goals, and start forming habits that support your physical and mental wellbeing.

With no cost involved, this is a fantastic opportunity to invest in your wellbeing with expert support and like-minded peers.

**Find out more and sign up here:** <https://oxf.maximusuk.co.uk/beeze-youth>

## Get Active, Stay Well



If you are looking for ways to keep well through staying active, now is the perfect time. No matter how much you do, physical activity is good for your body and mind.

Take a look at the NHS Better Health guide to becoming more active here if you're looking for a place to start: [How to be more active - Better Health - NHS](#)

You might also find this local fitness activity finder useful for leisure centres and gyms: [National Fitness Day Location Finder](#).

Or perhaps simply make your own fun, try a “10-minute activity break,” walk with friends, take a walking meeting, stretch together, or create your own mini “fun-run” at home!

Make movement part of your daily life, not just for one day, but beyond.

- More tips, activities, and resources: [NHS Better Health](#)

## World Mental Health Day- 10th October



Your mental health is just as important as your physical health. World Mental Health Day is about raising awareness, breaking down stigma, and reminding young people that it’s okay to talk about how you’re feeling.

This year’s theme is about mental health as a universal human right – meaning everyone, everywhere, deserves the support they need. For young people, that could mean:

- Talking to a trusted friend, parent or carer, or relative
- Finding healthy ways to manage stress, like sport, journaling, or mindfulness
- Reaching out for professional help if things feel too much

### **Support is always available:**

- **NHS 111** – for urgent medical help if you’re not sure what to do
- **Childline** – call **0800 1111**, free, confidential support for under 19s
- **Samaritans** – call **116 123** any time, day or night
- **Shout** – text **85258** for free, confidential support via text
- **PAPYRUS HOPELINEUK** – call **0800 068 4141** or text **07860 039 967** if you’re under 35 and struggling with suicidal thoughts



Find more advice and self-care tips here: [NHS Mental Health](#)

**It's always okay to ask for help — talking is a sign of strength, not weakness.**

**In an emergency, always call 999 or go straight to A&E.**

## **Additional Services and Resources**

### School Aged Immunisation Service (SAIS)



**Hello from the Oxfordshire School Aged Immunisation Service (SAIS)!** We hope you had a great summer and are ready for the new school term. It's also the time of year when flu is about, and we want to help keep you and your family healthy.

Soon, you'll get some information from us about the **flu vaccine** that will be offered at your child's school for all children up to Year 11 (Yr13 in some Special Schools). There will be a Consent Form for you to fill out so you can let us know if you want your child to have the flu vaccine at school or not.

Flu isn't nice and can make you feel really poorly. It can cause a high temperature, make you feel very tired, have achy muscles and joints, a blocked nose, a dry cough, and a sore throat.

Most children get the flu vaccine as a quick spray up the nose. If your child can't have the spray for any reason, they can have the vaccine as an injection instead. The injection does not contain porcine gelatine. You can pick which vaccine is best for your child on the Consent Form.

Find more information about flu and the flu vaccine here:

[https://assets.publishing.service.gov.uk/media/68230602c66deec8488f7f93/Protecting\\_your\\_child\\_against\\_flu\\_leaflet\\_primary\\_school\\_WEB\\_FINAL.pdf](https://assets.publishing.service.gov.uk/media/68230602c66deec8488f7f93/Protecting_your_child_against_flu_leaflet_primary_school_WEB_FINAL.pdf)

If you have any questions or queries, call us 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/>

**Let's fight the Flu virus. One vaccine at a time!**

**How to contact the *School-Aged Immunisation Service*:**

- Telephone number: 07920254400
- Email address: [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk)
- Website: [www.oxfordhealth.nhs.uk/imms](http://www.oxfordhealth.nhs.uk/imms) or scan the QR Code.



## Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

2 - 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:

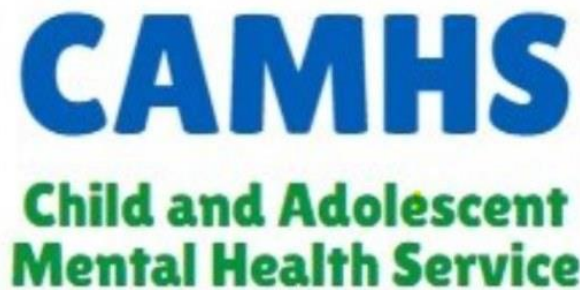
- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP.**

## **Mental Health Services**

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### *Child and Adolescent Mental Health Services (CAMHS)*

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3 - 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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4 - 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](#)
- Visit their [online forum community](#).



## 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 2pm 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.

## OXME



The **OXME** service in Oxfordshire is a valuable resource for young people, offering a wide range of information and support. It covers essential topics such as health, learning, work experience, job opportunities, anti-bullying, and e-safety. The service aims to help young people navigate their educational and career paths while promoting their well-being and safety. Whether your child needs advice on their future plans or support with personal challenges, *OXME* is here to assist them every step of the way.

[Check out OXME here for information for young people](#)

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)