



Term 2: Primary School Health Nursing Newsletter November 2025

Term 2 - 3rd November - 19th December 2025

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/>

How To Contact Us



If you wish to contact a school health nurse regarding the health of your child, please contact us using the details below:

- **Single Point of Access (SPA): 01865903800**
- **Email:** cyp0-19@oxfordhealth.nhs.uk ¹ stating name, date of birth and school your child attends.

¹<mailto:cyp019@oxfordhealth.nhs.uk>

ChatHealth Text Messaging Service



The poster features the ChatHealth logo on the left and the NHS Oxford Health NHS Foundation Trust logo on the right. The main title 'ParentLine 5-11 years' is in large green font. Below it, a blue banner states: 'New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire'. The text 'Text 07312 263227' is prominently displayed in large green font, followed by 'to message a school health nurse' in blue. The central image shows a smartphone screen with a list of topics for advice: 'diet & healthy lifestyles', 'toileting', 'sleep', 'bullying', 'support with behaviours', and 'general and emotional health'. To the right of the phone is a group photo of five diverse children smiling. At the bottom right, there is a QR code and the text 'Or scan QR code here to start a chat'. A small disclaimer at the bottom left of the phone screen reads: '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, request 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 were 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 local rates.'

1 - Image credit: Oxford Health NHS Foundation Trust (2024) ChatHealth Parentline 5-11 poster, ChatHealth. Available at: <https://www.oxfordhealth.nhs.uk/chathealth/> (Accessed: 29 May 2024).

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 NHS Foundation Trust 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.²

²<https://chathealth.nhs.uk/start-a-chat/h/OxfordSchoolHealthNurses>

Anti-Bullying Awareness



With November home to Anti-Bullying Week and Odd Socks Day, it's a great time to consider this year's theme: "Make A Noise About Bullying".

Both events offer a time to spread kindness and celebrate individuality, as well as encouraging taking a stand against bullying. It's a time for conversations, activities, and actions that make sure everyone feels safe, included, and respected.

Let's make a noise together in 2025 and help build a world where everyone feels they belong.

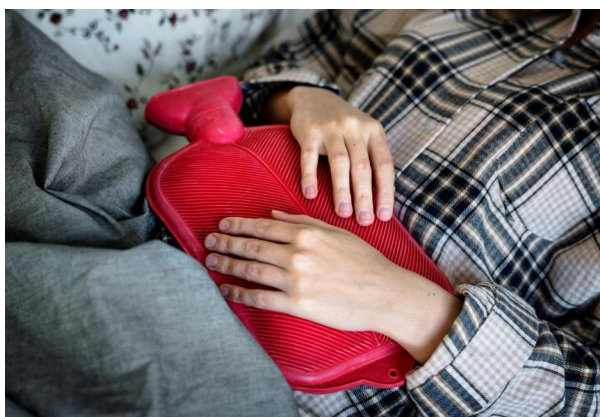
Discover helpful resources and guidance at Anti-Bullying Alliance³.

Bullying support and advice: Learn how to cope, seek help, and put an end to bullying with guidance from Bullying and advice on coping and making it stop | Childline⁴.

³<https://www.anti-bullyingalliance.org.uk/>

⁴<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

Is Your Child Too Ill For School?



It can be hard to know when to keep your child off school due to illness. The NHS and UK government offer clear guidance to help families make the right decision.

Send your child to school if they have:

- A minor cough or cold
- Sore throat (without a high temperature)
- Headache or tummy ache (if they feel well enough otherwise)
- Mild cold symptoms as long as they do not have a high temperature and are well enough

Keep your child at home if:

- They have a high temperature and feel unwell
- They've been vomiting or had diarrhoea – keep them home for 48 hours after the last episode
- They have an infectious illness such as chickenpox, measles, or impetigo (check NHS advice for return times)

Need Help Deciding?

You can find clear guidance on specific illnesses and when it's safe to return to school on the NHS Healthier together website:

Should my child go to School today? | Everything Else - Child 5 to 12 years | Healthier Together⁵

⁵<https://url.uk.m.mimecastprotect.com/s/GXjVCVv6xc7G130uGf0CEQUal?domain=healthiertogether.nhs.uk>

Sleep Matters



Getting enough sleep is vital for growth, behaviour, learning, and emotional health.

- Ages 6–12 need 9–12 hours per night
- Teens 13–18 need 8–10 hours per night
- Aim for a consistent bedtime routine, screen-free wind-down time, and a calm sleep space.

For more information, please visit [Healthy Sleep | Safety and Prevention - Child 5 to 12 years | Healthier Together](#)⁶

Eat Well, Feel Well - Beezee families



⁶<https://www.healthiertgether.nhs.uk/child-under-12-years/healthy-sleep>



A balanced diet gives children the fuel they need to grow, learn, and thrive.

- Try to eat 5 portions of fruit and veg a day
- Choose wholegrains, lean proteins, and low-fat dairy
- Swap sugary snacks and drinks for healthier options like fruit, yoghurt, or water
- Eating together as a family helps build good habits and connection

Beezee

- Beezee Families is a free, award-winning healthy lifestyle programme delivered by Maximus UK on behalf of Oxfordshire County Council. It's designed to support families with children (typically aged 5–12 years) to develop long-lasting healthy habits around diet, movement, and wellbeing, whether engaging in fun group sessions or participating online. Families learn practical tips for nutritious snacks, easy family meals, everyday movement and playful activity. The programme offers expert coaching, nutritionist support, motivation, and small-group encouragement to help families build sustainable healthier routines
- Self or professional referrals are welcome. · Email: HelloOxfordshire@maximusuk.co.uk⁷
- **Telephone:** 0333 220 8952
- **Text - text BZF to 60777**

You can also find full details and sign-up options via the Oxfordshire Maximus Beezee Families website: <https://oxf.maximusuk.co.uk/beezeefamilies/>

⁷<mailto:HelloOxfordshire@maximusuk.co.uk>

Beezee Groups starting in January - Witney, Bicester, Rose Hill Oxford & Didcot

Starting Monday 19th January, contact details as above

- Witney
- Bicester
- Rosehill Oxford
- Didcot



Beezee FAMILIES

Ready to make new habits as a family?

Our free 10-week Beezee Families programme starts soon!

- Get healthy eating tips and free recipes
- Unlock the power of small changes
- Start moving more as a family

Where:

Starts Tuesday 20th January 4.30-6.00pm for 10 weeks
Madley Park Hall, Witney, OX28 1UE

Secure your FREE place today!

HelloOxfordshire@maximusuk.co.uk

03332 208952

oxf.maximusuk.co.uk

OXFORDSHIRE COUNTY COUNCIL

Our programmes are for children above their ideal weight. see our website for more information.

20-1063

2 - Beezee Family Programme in Witney

**Beezee
FAMILIES**



Ready to make new habits as a family?

Our free 10-week Beezee Families programme starts soon!

- Get healthy eating tips and free recipes
- Unlock the power of small changes
- Start moving more as a family



Where:

Starts Thursday 22nd January 4-5:30pm for 10 weeks

1 Gentian Mews, Great Western Park, Didcot, Oxfordshire, OX11 6GR

Secure your **FREE** place today!



HelloOxfordshire@maxmouk.co.uk



03332 208952



OXFORDSHIRE
COUNTY COUNCIL

Our programmes are for children above their ideal weight.
see our website for more information.

20-1008

3 - Beezee Family Programme in Didcot

Get Active Every Day



Physical activity helps build strong bones and muscles, boosts confidence, and supports mental health.

- Children and young people should aim for at least 60 minutes of activity daily — like walking, cycling, dancing, football, or swimming
- Try to reduce long periods of sitting with movement breaks or active play

NHS Better Health – Healthier Families – Free tips, recipes, snack swaps, and activity ideas
www.nhs.uk/healthier-families⁸

⁸<http://www.nhs.uk/healthier-families>

Let's talk money - money week November 2025



We all think about money way more than we talk about it. Talk Money Week is here to get the conversation started, whether it's about savings, debt or just getting by, with Christmas on the horizon this is a good time to talk about money. Check out the resources in the link below to find out more.

Talk Money week | Money Helper⁹

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:

⁹<https://www.moneyhelper.org.uk/en/family-and-care/talk-money/talk-money-week>

-  **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** ¹⁰

 **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?¹¹

Oxfordshire Community Dental Service

Please see attached some healthy Christmas treats to reduce your child's sugar intake, a Christmas picture quiz and a dental word search for them to complete.

¹⁰<https://oxf001.schoolscreener.com/Portal/#/Oxford/g/Ox1>

¹¹<https://url.uk.m.mimecastprotect.com/s/GHTGCMqJpiDL0joHBi1URjNtf?domain=parentsupport.schoolscreener.com>



Healthy Christmas Treats

Christmas treats such as chocolates and sweets often contain high levels of sugar which causes tooth decay.
Try swapping to these healthy festive alternatives to reduce your sugar intake.

High Sugar



Kinder Santa 55g
=29g of sugar



Lindt Snowman 40g
=21.6g of sugar



Maltesers Reindeer 50g
=31.8g of sugar



Smarties Penguin 18.5g
=10.2g of sugar



Haribo Xmas Trees
half a bag 80g
=33.2g of sugar

Low Sugar



1 Strawberry
Santa
=2g of sugar



1 Boiled Egg
Snowman
=0g of sugar



1 Cheese
Reindeer
=1g of sugar



1 Olive
Penguin
=0g of sugar



1 Watermelon
Xmas Tree
=1.5g of sugar

Recipes



Ingredients:
6 large hard-boiled eggs
6 small hard-boiled eggs
Peppercorns
1 carrot
1 skewer / stick for BBQ
parsley

Ingredients:
Pretzels
Cheese Triangles
Black Olives
Red Peppers



Ingredients:
Watermelon
Yoghurt

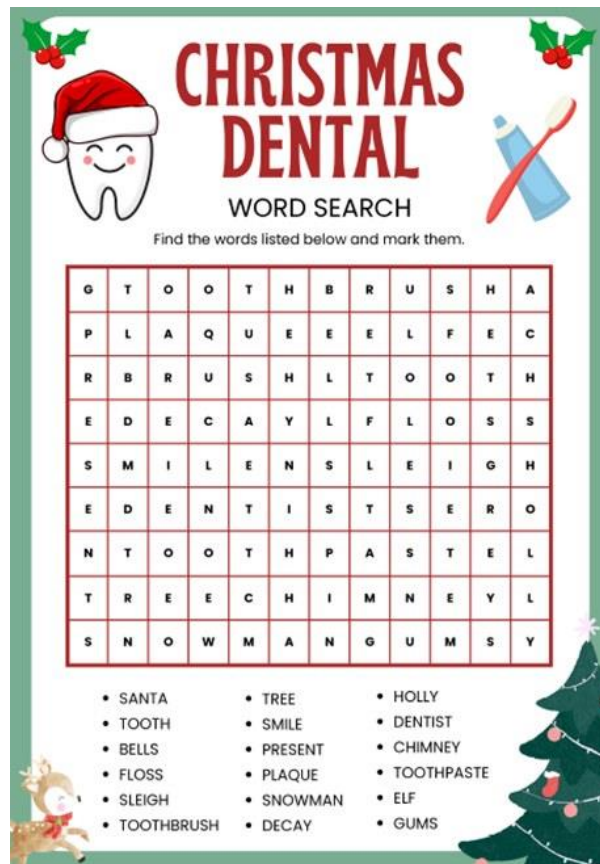
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Picture Quiz

1. Can you find Santa Tooth hidden in this picture?
2. How many toothbrushes are there?
3. How many characters are wearing red santa hats?
4. How many elves are there?
5. How many smiling teeth are there?
6. What colour is the dental floss?
7. How many yellow presents are there?
8. How many reindeer are there?





Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

4 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: 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,¹²
- Physiotherapy¹³
- Speech & Language Therapy.¹⁴

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.

¹²<https://www.oxfordhealth.nhs.uk/cit/occupational-therapy/>

¹³<https://www.oxfordhealth.nhs.uk/cit/physiotherapy/>

¹⁴<https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/>

For queries, please contact them using the details below:

- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website** - Children's Integrated Therapy Services¹⁵
- **Contact your GP.**

ERIC - Bladder and Bowel support

ERIC (Education and Resources for Improving Childhood Continence):¹⁶ 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:** ¹⁷Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- **Helpline:** ¹⁸To 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:** ¹⁹ Educational workshops for parents and professionals.

For more information and support, visit the ERIC website²⁰. 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**²¹: For urgent mental health support, you can call 111 and select the mental health option.
- **Samaritans**²²: Available 24/7 at 116 123 for confidential support.
- **Shout Crisis Text Line**²³: Text "SHOUT" to 85258 for 24/7 support via text.
- **Mind Support Line**²⁴: Call 0300 102 1234 for advice and support (9am to 6pm, Monday to Friday).

¹⁵https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

¹⁶<https://eric.org.uk/>

¹⁷<https://eric.org.uk/information/>

¹⁸<https://eric.org.uk/helpline/>

¹⁹<https://eric.org.uk/events/>

²⁰<https://eric.org.uk/>

²¹<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

²²<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

²³<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

- Papyrus HOPELINEUK²⁵: For those under 35, call 0800 068 4141 or text 07786 209 697 for support.

In an emergency²⁶, always call 999 or go to your nearest A&E.

Child and Adolescent Mental Health Services (CAMHS)



5 - Credit: Oxfordshire | Oxford Health CAMHS Oxford Health CAMHS²⁷

Child and Adolescent Mental Health Service (CAMHS)²⁸ 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 CAMHS²⁹ offers a single point of access for parents/carers, who have concerns around mental health:

CAMHS Single Point of Access (SPA): 01865902515

Young Minds



6 - Credit: YoungMinds | Mental Health Charity For Children And Young People | YoungMinds³⁰

²⁴<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

²⁵<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

²⁶<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

²⁷<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

²⁸<https://www.oxfordhealth.nhs.uk/camhs/>

²⁹<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

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 | YoungMinds³¹

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.³²

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at askus@familylives.org.uk³³
- Chat to them online via their Live Chat service³⁴
- Visit their online forum community³⁵.



³⁰<https://www.youngminds.org.uk/>

³¹<https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline>

³²<https://www.familylives.org.uk/>

³³<mailto:askus@familylives.org.uk>

³⁴<https://www.familylives.org.uk/how-we-can-help/online-chat/>

³⁵<https://www.familylives.org.uk/how-we-can-help/forum-community/>

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 ³⁶

³⁶<mailto:cyp019@oxfordhealth.nhs.uk>