



Oxford Health
NHS Foundation Trust



Summer Term (6) : Primary School Health Nursing Newsletter June 2026

Term 6 - 1st June - 20th July 2026

Welcome to our **School Health Nursing Newsletter** for parents and carers of children and young people in Oxfordshire.

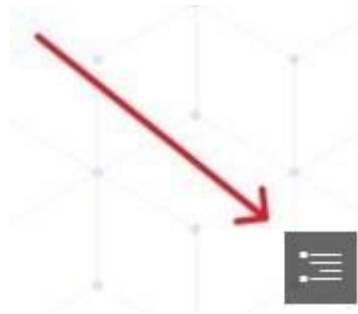
As your school health nurses, we are here to support you and your family every step of the way. Stay tuned for more updates, tips, and resources in our upcoming newsletters.

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 ¹

¹<mailto:cyp019@oxfordhealth.nhs.uk>

ChatHealth Text Messaging Service

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

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) this might inform chat-based professionals if we were contacted about your child, but we would usually 'peak' 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.

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

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.

Don't forget that school health nurses are in all state secondary schools on at least a weekly basis, often more, and if you have any worries about the move to secondary schools please do contact us on the details above.

Guidance for Parents on Transition to Secondary School | Anna Freud³

³<https://www.annafreud.org/resources/schools-and-colleges/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and/>

Sun Awareness and Water Safety



The warmer weather means lots more time outside, and in our last newsletter, we shared a number of useful tips for staying safe in the sun and in the water, which you can read again [here](#)⁴.

As a brief reminder here, you can find in-depth Sun Safety information on the NHS page [here](#): Sunscreen and sun safety - NHS⁵ While you can also access local information from Oxfordshire County Council on staying cool during the heat and heatwaves by clicking [here](#)⁶.

And you can find information around water safety from the Royal National Lifeboat Lifeboat Institute [here](#): Float To Live – What To Do In An Emergency – RNLI⁷ and from the Drowning Prevention Week website [here](#)⁸.

⁴<https://sway.cloud.microsoft/zAHbjFvzGkPCyrwR>

⁵<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

⁶<https://www.oxfordshire.gov.uk/residents/social-and-health-care/public-health-and-wellbeing/keeping-cool-heat-waves>

⁷<https://rnli.org/safety/float>

⁸<https://www.rlss.org.uk/listing/category/drowning-prevention-week-resources-for-families>

Physical Activity



This warm weather also offers lots of opportunities to boost physical activity, whether it be long walks, runs, outdoor swimming, bike rides or football with friends in the park.

Children and young people need to do both aerobic exercise and exercises to strengthen their muscles and bones. Between the ages of 5 to 18, children should:

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

Children and young people aged 5 to 18 who are living with a disability should:

- aim to do 20 minutes of physical activity a day, splitting this into smaller chunks of activity throughout the day if needed
- do challenging but manageable strength and balance activities 3 times a week



1 - Please click to see full image.

Source: Physical activity guidelines: children and young people (5 to 18 years) - GOV.UK⁹

You can find out more about what counts as moderate activity, as well as links to guidelines for other age groups, on the NHS website here.¹⁰

You can access local services and find out what's happening around the county council's Livewell website here.¹¹

And you can view a list of walks and rides in Oxfordshire here: Walks and rides | Oxfordshire County Council¹²

Beezee Families



Supporting Healthier Families in Oxfordshire

⁹<https://www.gov.uk/government/publications/physical-activity-guidelines-children-and-young-people-5-to-18-years>

¹⁰<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

¹¹<https://livewell.oxfordshire.gov.uk>

¹²<https://www.oxfordshire.gov.uk/residents/environment-and-planning/countryside/walks-and-rides>

At Oxford Health NHS Foundation Trust, our School Health Nursing (0–19) Service is committed to supporting families to build healthy habits that last a lifetime. As part of this work, we are pleased to promote Beezee Families, a free programme available to eligible families across Oxfordshire.

Beezee Families is a supportive and non-judgemental child weight management programme designed for families with children aged 4–12 years who may be above a healthy weight. The programme focuses on helping families make small, realistic changes together by offering:

- Practical guidance on healthy eating and nutrition
- Ideas and support to increase physical activity
- Advice on emotional wellbeing and building confidence
- Opportunities to connect with other families in a similar situation

Support is delivered by experienced professionals, either in-person or online, making it flexible to fit around family life.

Local opportunities coming up

- 12-week in-person programmes will be running in from September
- A new 6-week school holiday programme will take place in Blackbird Leys from July, designed for the whole family to attend together

How to get started

Referring to Beezee is quick and easy, and families will be contacted directly with support and next steps.

If you would like to be referred or would like more information, speak to your School Health Nurse, who will be happy to discuss the support available.

Smile Month and Oral Health



Why oral health matters

Your mouth is a big part of your overall health. If your mouth is healthy, it helps you:

- eat and speak properly
- feel more confident
- take part in school, work, and social life

But if your mouth is not healthy, it can:

- cause pain and affect how you sleep
- change what you eat or drink
- affect your mood, behaviour, and how well you can focus

How your mouth looks is also part of your identity. It can affect how you feel about yourself.

Oral health and general health

Your oral health and general health are closely linked. Problems in one can affect the other.

Some of the same things that cause poor oral health can also lead to other health problems. For example:

- Eating or drinking a lot of sugar — in fizzy drinks, sweet snacks, fruit juices or smoothies — can lead to tooth decay and obesity
- These are called non-communicable diseases, which means they aren't spread from person to person

For more information on oral health, visit the NHS Website¹³ or the website of our local community dental service.¹⁴

If you'd like to help shape the future of oral health services for 2-4 year olds, find out more about their latest survey here.¹⁵

And if you're searching for a local dentist, you can search using your postcode here.¹⁶

¹³<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

¹⁴<https://oxfordhealth.nhs.uk/cds/oral-health/>



¹⁵<https://oxfordhealth.nhs.uk/cds/oral-health/surveys/>

¹⁶<https://www.nhs.uk/service-search/find-a-dentist/>


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** ¹⁷

 **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?**¹⁸

¹⁷<https://oxf001.schoolscreener.com/Portal/#/Oxford/g/Ox1>

School Aged Immunisation Service (SAIS)



A big "Hello" from the Oxfordshire School Aged Immunisation Service (SAIS). The wonderful Year 6's have almost made it through Primary School. They're on the home straight and will be off to Secondary School in September. Make sure they are prepared and protected and are up to date with all their vaccinations, check their Red Book or call your GP.

Did you know that as part of the childhood immunisation programme, your child will be due some more vaccines in Secondary School?

Year 8, Human Papilloma Virus Vaccine otherwise known as the HPV vaccine.

Human papillomavirus (HPV) is the name of a common group of viruses that can cause various conditions such as genital warts and can also lead to some cancers, including cervical, head and neck cancers. It is therefore important that both girls and boys receive this one dose vaccine in Year 8.

Year 9, Tetanus/Diphtheria/Polio also known as the 3 in 1 or Teenage Booster.

You need a total of 5 doses of tetanus, diphtheria and polio vaccines to build up and keep your immunity. The 5th and final dose is given in Yr9. Previous doses should have been given before your child started school. If in doubt, ask your GP.

Year 9 Meningococcal ACWY also known as MenACWY

Meningococcal disease can cause both meningitis and septicaemia. For protection against 4 groups (A, C, W and Y) of meningococcal infection, it is important to have 1 dose of MenACWY in Yr9.

The two vaccines in Yr9 will be given at the same time, one in each arm.

Your child may also be offered the **Flu vaccine** again when they are in Year 7.

You can read about these vaccines here: .

¹⁸<https://url.uk.m.mimecastprotect.com/s/GHTGCmgJpiDL0joHBI1URiNtf?domain=parentsupport.schoolscreen.com>

https://assets.publishing.service.gov.uk/media/66953aa349b9c0597fdafd31/UKHSA_1296_2_young_people_immunisation_2024.pdf

If you have any questions or queries, please give us a call on **07920 254 400** or email Immunisationteam@oxfordhealth.nhs.uk¹⁹

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**²⁰ and App²¹ 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

¹⁹<mailto:Immunisationteam@oxfordhealth.nhs.uk>

²⁰<https://url.uk.m.mimecastprotect.com/s/bOIXCBr4Jsg004gUzf9C2gX1N?domain=healthiertogether.nhs.uk/>

²¹<https://www.healthiertogether.app/>

The **Healthier Together app**, available on the **Apple App Store**²² and **Google Play Store**²³, 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**²⁴ today so you have trusted NHS advice at your fingertips whenever your child is unwell.

Visit: **www.healthiertogether.nhs.uk**²⁵

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/ (Accessed: 29 May 2024).

Oxford Health's **Children's Integrated Therapies** include the services named below:

- Occupational Therapy,²⁶
- Physiotherapy²⁷
- Speech & Language Therapy.²⁸

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 Services²⁹
- **Contact your GP**

²²<https://url.uk.m.mimecastprotect.com/s/4Av4CDq4LiRwwVRt5hDCjUml4?domain=apps.apple.com>

²³<https://url.uk.m.mimecastprotect.com/s/1hlaCEq4MiQOODQCpipC7bNh8?domain=play.google.com>

²⁴https://url.uk.m.mimecastprotect.com/s/Rkl_CGR4OIVEEMVcQs9CBObTY?domain=healthiertogether.app/

²⁵<https://url.uk.m.mimecastprotect.com/s/bOIXCBr4Jsg004gUzf9C2gX1N?domain=healthiertogether.nhs.uk/>

²⁶<https://www.oxfordhealth.nhs.uk/cit/occupational-therapy/>

²⁷<https://www.oxfordhealth.nhs.uk/cit/physiotherapy/>

²⁸<https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/>

²⁹https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

ERIC - Bladder and Bowel support

ERIC (Education and Resources for Improving Childhood Continence):³⁰ 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: ³¹Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- Helpline: ³²To 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: ³³ Educational workshops for parents and professionals.

For more information and support, visit the ERIC website³⁴. 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 111³⁵: For urgent mental health support, you can call 111 and select the mental health option.
- Samaritans³⁶: Available 24/7 at 116 123 for confidential support.
- Shout Crisis Text Line³⁷: Text "SHOUT" to 85258 for 24/7 support via text.
- Mind Support Line³⁸: Call 0300 102 1234 for advice and support (9am to 6pm, Monday to Friday).
- Papyrus HOPELINEUK³⁹: For those under 35, call 0800 068 4141 or text 07786 209 697 for support.

In an emergency⁴⁰, always call 999 or go to your nearest A&E.

³⁰<https://eric.org.uk/>

³¹<https://eric.org.uk/information/>

³²<https://eric.org.uk/helpline/>

³³<https://eric.org.uk/events/>

³⁴<https://eric.org.uk/>

³⁵<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

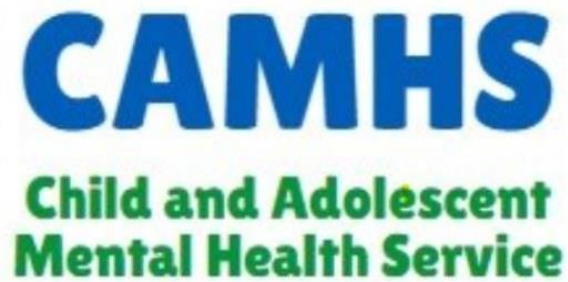
³⁶<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

³⁷<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

³⁸<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

³⁹<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

Child and Adolescent Mental Health Services (CAMHS)



3 - Credit: Oxfordshire | Oxford Health CAMHS Oxford Health CAMHS⁴¹

Child and Adolescent Mental Health Service (CAMHS)⁴² 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 CAMHS⁴³ offers a single point of access for parents/carers, who have concerns around mental health:

CAMHS Single Point of Access (SPA): 01865902515



4 - Credit: YoungMinds | Mental Health Charity For Children And Young People | YoungMinds⁴⁴

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

⁴⁰<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

⁴¹<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

⁴²<https://www.oxfordhealth.nhs.uk/camhs/>

⁴³<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

⁴⁴<https://www.youngminds.org.uk/>

Coram Family Lives - Support for Families

Coram 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.⁴⁶

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at askus@coramfamilylives.org.uk



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.uk⁴⁷

⁴⁵<https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline>

⁴⁶<https://www.familylives.org.uk/>

⁴⁷<mailto:cyp0-19@oxfordhealth.nhs.uk>