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Information for parents and carers of year 7 students

Dear Parent or Carer,

As your son or daughter is now entering a new school, we would like to take this opportunity to introduce the school & college health nursing service in secondary schools and colleges in Oxfordshire. The service is commissioned by Public Health, Oxfordshire County Council and provided by Oxford Health NHS Foundation Trust. School Health Nurses are based in schools and colleges, and work in partnership with teaching and pastoral school staff to provide support and guidance to students, to help them make healthy lifestyle choices.

School Health Nurses

School Health Nurses have undertaken specialist training to care for young people in a school setting and deliver the best evidence-based practice, to help young people make healthy choices and keep them safe. School health nurses have full access to support services and adhere to the professional standards outlined in the Nursing, Midwifery Council (NMC) Code of Conduct; further information is available at www.nmc.org.uk

Health review

During the Autumn Term there will be an opportunity for the school health nurse to offer your child a health review. If you have concerns regarding your child's health, please contact the school health nurse (contact details above) to arrange a review. Parents/carers are not routinely asked to attend for the health review; however, you may of course attend if you wish. If in the future, you identify a health concern please contact the school health nurse. The school staff or school health nurse will also contact you if they are concerned about the health of your child. The school health nurse offers a weekly 'drop in' session in school usually over lunchtime for students, so if they have a health concern, they can 'drop in' and see the school health nurse. Please note, during the current COVID 19 crisis there may be changes to this arrangement to accommodate social distancing -all students will be informed of these changes.

Medical Conditions

It is important that schools are aware of any medical conditions your child may have prior to starting school, this includes conditions that may be under control and managed purely at

home. You will have received a form prior to your child starting school. Please remember to update school staff if there are any changes to your child's health.

Medicines in schools

If your child needs medication to be available in school, for example, adrenaline (e.g. EpiPen or Jext or Anapen) for a severe allergy or an inhaler for asthma, schools have their own procedures for administering medicines.

If your child needs to take medication during the school day, you will need to discuss directly with school, the student support officers will be able to help. As part of this procedure, you may be asked to complete a consent form giving permission for school staff to administer medicines to your child. All medications taken into school must have a pharmacy label with the name of your child, the medicine with the dose and times the medicine is required. It is the parent's responsibility to ensure any medication given to school is in date and that it is replaced before it has expired.

School aged immunisation programme- delivered in school

Oxford Health Immunisation Team deliver the UK school aged immunisation programme. Parent/carers will receive information (usually via email) from school when immunisations are due, with details of how to complete an Electronic-consent form.

- **Year 7** students will be offered a **nasal flu** immunisation this year
- **Year 8 Human Papilloma Virus (HPV)** – now offered to both girls and boys, offering protection against a variety of cancers and genital warts
- **Year 9 Tetanus, diphtheria and inactivated polio (Td/IP)** - this immunisation completes the course of 5 immunisations started in infancy and gives lifelong protection
- **Year 9 Meningitis ACWY (MenACWY)** - this immunisation is given at the same time as Td/IP and offers protection against 4 strains of Meningitis
- **Measles, Mumps and Rubella (MMR) catch up** - by the time your child reaches secondary school they should have already received 2 immunisations which gives lifetime protection. In year 9 students are given another opportunity to receive this immunisation.

Are your child's immunisations up to date?

This is a good time to check if your child has received all their immunisations, or if you have followed the schedule in another country to ensure none have been missed, contact your practice nurse/GP and book in any outstanding immunisations. For further information please visit NHS choices website

<http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx>

Confidentiality, safeguarding and record keeping

The service provided by the school health nurse is independent from the school, and school health nurses can offer a confidential service to students. If there are concerns that the child or other young people are at risk of harm this information will be shared to ensure the safety of the child. School health nurses maintain confidential health records on all children and young people using the services of Oxford Health NHS Foundation Trust. These health records will be held securely in accordance with Caldicott Guidance and in line with the General Data Protection Regulations 2018. <https://www.oxfordhealth.nhs.uk/wp-content/uploads/2018/07/Oxford-Health-Easy-Read-Patient-Privacy-Notice.pdf>

Yours sincerely

Margaret Batsel

Useful health information

COVID 19

Please do not send your child to school if they have symptoms of COVID infection and seek guidance immediately.

<https://schools.oxfordshire.gov.uk/cms/schoolsnews/covid-19-advice-parents>

Free Eye Tests

Eye tests for children are essential health checks and are free for every child under 16 and every young person under 19 if they are in full-time education. They are easy to arrange by phoning your local optician to book an appointment.

NHS Dentists

For help with finding an NHS dentist please phone the Oxford Health Dental Helpline on: 08000 113 824 or 01865 337 267. For general enquiries email: dental@oxfordhealth.nhs.uk

Healthy Lifestyle

Join Change 4 Life for free easy tips on maintaining a healthy lifestyle for all the family

<https://registration.change4life.co.uk/>

NHS Choices

This is the recommended website for all health queries, as this is maintained by the NHS and will be up to date and evidence-based: <http://www.nhs.uk/pages/home.aspx>

Is my child too ill for school?

<http://www.nhs.uk/livewell/yourchildatschool/Pages/Yourchildatschoolhome.aspx>

School Health Nurses Website & Facebook

www.oxfordhealth.nhs.uk/school-health-nurses/

Facebook: <https://www.facebook.com/oxNHSSchoolNurses/>

Parents/carers and young people

www.familylives.org.uk is a national charity providing information and support for parent/carers on a range of issues.

Oxfordshire County Council Website for more information and guidance for parents and young people: [Information from Oxfordshire County Council for parents](#)

Youth website with information for young people on all aspects of emotional and physical health <http://oxme.info/cms/health>

Young minds -Committed to improving children's wellbeing and mental health.

<https://youngminds.org.uk/>

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**

NSCPP – Supporting Mental Health

<https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health>