



Oxford Health
NHS Foundation Trust



Term 4: Primary School Health Nursing Newsletter March 2026

Term 4 - 23rd February - 27th March 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/>

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:

stating name, date of birth and school your child attends

- Single Point of Access (SPA): **01865903800**
- Email: cyp0-19@oxfordhealth.nhs.uk

ChatHealth Text Messaging Service



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



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 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.](#)

World Oral Health Day – 20th March 2026



Good oral health helps children eat, speak, and smile with confidence. On World Oral Health Day, it's a great time to remember how to keep teeth and gums healthy.

- Children and young people should brush their teeth twice a day with a fluoride toothpaste.
- Children under 7 should be helped or supervised with brushing to make sure all teeth are cleaned properly.
- Avoid sugary snacks and drinks, especially between meals.
- Visit the dentist regularly for check-ups — these are free for children on the NHS.

For more advice, visit:

[Healthy teeth and gums - NHS](#)

If you have concerns, speak to your dentist, GP, health visitor, or school nurse.

World Sleep Day – 13th March 2026



Sleep Matters for Children and Young People

Sleep is essential for a healthy body and mind, it supports growth, learning, and emotional wellbeing. World Sleep Day is a reminder of how vital good sleep is for children and young people's development.

Poor sleep can affect mood, memory, concentration, and behaviour. Getting enough good-quality sleep helps children cope better with stress and supports their mental health.

Healthy Sleep Habits – Top Tips:

- Have a regular bedtime and wake-up time, even on weekends
- Avoid screens (phones, TVs, tablets) at least 30 minutes before bed
- Wind down with a calming activity — reading, gentle music, or breathing exercises
- Keep the bedroom cool, quiet and dark – a relaxing space helps signal it's time to sleep
- Avoid caffeine, sugary foods, or intense activity too close to bedtime

If your child is struggling with sleep:

- Try a wind-down routine that starts around the same time each night
- Keep a sleep diary to help spot patterns or triggers
- Encourage getting outside in daylight and being active during the day

For more support and tips from Oxford Health NHS CAMHS, visit: [Coping with poor sleep | Oxford Health CAMHS](#)

You can also speak to your school nurse or health visitor if you're concerned about your child's sleep.

Young Carers Action Day – 11th March 2026



Celebrating and Supporting Oxfordshire's Young Carers

Did you know that many children and young people across Oxfordshire take on important caring roles at home? These *young carers* help look after a family member who is ill, disabled, or needs extra support. While this can be a rewarding experience, it can also be challenging and sometimes overwhelming for them.

Young Carers Action Day is a special day to celebrate the incredible contributions young carers make, and to remind us all how important it is to support them — so they can have time to relax, learn, and just be children and young people.

This year's theme, "Give Me A Break", highlights the need for rest and support to help young carers balance their caring responsibilities with their wellbeing and education.

If you think your child might be a young carer, or you want to find out more about the help available, there are lots of local and national services ready to support families in Oxfordshire.

Where to Get Support:

Be Free Young Carers - Provides support, activities, and advice for young carers in Oxfordshire - Phone number: **01235 838 554** - Website: [About Us - Be Free YC](#)

Oxford Health NHS Foundation Trust - Provides community health services, including support for young carers - Website - [Young carers - Caring for our carers](#)

National Support

- Barnardo's: [Barnardo's | Children's charity | Barnardo's](#)
- Childline: Freephone **0800 1111 (24/7)**
- Carers Trust: [Carers Trust | Transforming the lives of carers](#)

No Smoking Day 11th March 2026



Your quit journey: get support at every stage

Whether you're thinking about quitting, you're ready to quit, or you need help staying smoke free, we've got tips and support to help you at every stage. Learn how to get through the tough times, stay focused, and quit for good.

You deserve a healthier, smoke-free life. Let's get started - click the link below!

[Quit Smoking](#)

Beezee - award winning healthy lifestyle programme



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.uk
- **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/beezeefamilie>


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](#)

 **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?](#)

School Aged Immunisation Service (SAIS)



Hello from the Oxfordshire School Aged Immunisation Service (SAIS)!

Why should we worry if our children's vaccinations are up to date? Or have you ever thought about how vaccines work?

This short video explains it really well:

[Immunisation: Why we do it and how 'herd immunity' works - BBC News](#)

The Knowledge Project is also a source of independent, evidence-based information about vaccines and infectious diseases. The information can also be provided in many different languages

[Home | Vaccine Knowledge Project](#)

We understand that being a parent is not always easy. With a million things to juggle and remember every day, it's easy to forget things or put them off for another day. You may also have older children in secondary school who might have missed some vaccinations don't worry! We're here to help you make sure all your children get the protection they need.

If you have any questions or need help:

Call us on **07920 254 400** or email us at **Immunisationteam@oxfordhealth.nhs.uk**

You can also visit our website for news and information:

[Schools immunisation information for Oxfordshire parents & carers](#)

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](#) and app 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

The **Healthier Together app**, available on the [Apple App Store](#) and [Google Play Store](#), 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](#) today so you have trusted NHS advice at your fingertips whenever your child is unwell.

Visit: www.healthiertogether.nhs.uk

Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

1 - 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](#),
- [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.**

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 1pm 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.

Mental Health Services

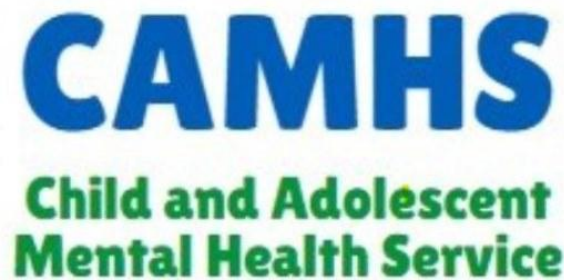
If you or someone you know is experiencing a mental health crisis, here are some important numbers you can call:

- [NHS 111](#): For urgent mental health support, you can call 111 and select the mental health option.
- [Samaritans](#): Available 24/7 at 116 123 for confidential support.

- [Shout Crisis Text Line](#): Text “SHOUT” to 85258 for 24/7 support via text.
- [Mind Support Line](#): Call 0300 102 1234 for advice and support (9am to 6pm, Monday to Friday).
- [Papyrus HOPELINEUK](#): For those under 35, call 0800 068 4141 or text 07786 209 697 for support.

[In an emergency](#), always call 999 or go to your nearest A&E.

Child and Adolescent Mental Health Services (CAMHS)



2 - 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

Young Minds



3 - 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](#)

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