

Primary School Health Nurse Team Newsletter

Term 3

This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instill healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.



“Look for 100 calorie snacks, two a day max”

In a recent survey, on average, primary school children have at least three sugary snacks a day, [Public Health England](#) found.

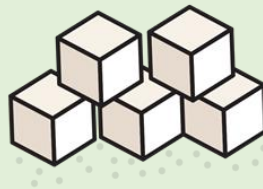
This means children can easily consume three times more sugar than the recommended maximum.

Sugar is the main cause of tooth decay! Click [here](#) to find a dentist near you and BOOK an appointment today!

Public Health England has launched a campaign to encourage parents to look for healthier snacks of no more than 100 calories - and to limit them to 2 a day maximum.

The eight-week **Change4Life** campaign will offer money-off vouchers towards items including malt loaf, lower-sugar yoghurt and drinks with no added sugar in some supermarkets.

DO YOU KNOW HOW MUCH IS TOO MUCH? CLICK [HERE](#) TO FIND OUT!



GET THE FREE FOOD SCANNER [APP](#)

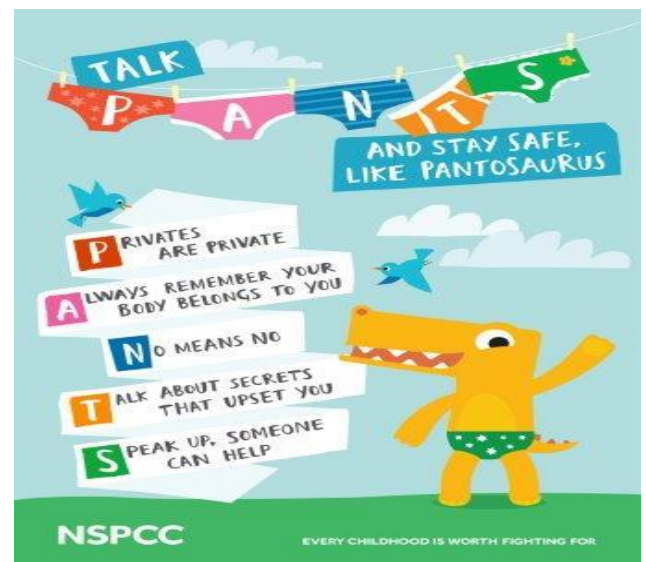


The Underwear Rule

As you may have seen on TV, the NSPCC underwear rule is a fun way to talk to your child about keeping safe. It highlights important messages, teaching children that their body belongs to them and encourages children to tell an adult if they feel upset or worried.

Parents and carers will know their child better than anyone, and can judge how much information they are able to understand. Having conversations little and often helps children to learn the PANTS rule. The NSPCC website has lots of ideas about talking to your child, as well as activities and stickers.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>



Focus on managing Asthma for Primary Pupils

Asthma is a common and long- term lung condition that requires ongoing management. The airways are sensitive and may become inflamed and narrow on exposure to certain triggers, leading to difficulty in breathing.

Asthma can be well controlled with a good management plan.

Inform school if your child has asthma and ensure school staff have a copy of your child's asthma plan, issued to you either by the practice nurse or the asthma clinic, detailing their prescribed medication. Ensure school are aware of your child's individual trigger(s). This enables school staff to avoid or reduce exposure and will help to improve your child's symptoms.

Having a cold, flu or other viral infection may trigger asthma symptoms. Keeping fit and healthy, avoiding contact with those who are unwell and getting a flu vaccine, every year is recommended

Asthma Triggers

Environmental	Allergic	Individual
Weather changes Pollution or irritants Indoor air quality Second-hand smoke	House dust mite Animals & pets Pollen Mould & Fungi Food	Emotions e.g. laughing Smoking Hormones

To help keep your child safe: school needs to have a spare inhaler and spacer for your child. Discuss with the class teacher where it will be kept on the first day of school. Always label with your child's name.

3 ways to help your child use their inhalers

- Learn the inhaler and spacer technique** by asking your child's GP, asthma nurse or pharmacist to show you. Watch Asthma UK's 'how-to' videos for helpful reminders.
- Decorate your child's inhaler** or use an Asthma UK Sticker Chart to make it fun.
- Put reminders in your phone**, and keep your child's preventer inhaler (brown) near their toothbrush so they remember to use it.

Keep your home warm this Winter

Residents of Oxfordshire concerned about keeping warm in their homes this winter are encouraged to contact the free 'Better Housing Better Health' helpline, for guidance on how to stay warm this winter. Fuel poverty, is primarily caused by low household income, poor energy efficiency of the home, and high energy prices, and impacts 11% of households in England. The helpline, which is operated by the Better Housing Better Health (BHBH) scheme, provides any Oxfordshire resident with a single point of contact for services, advice and grants in order to reduce energy bills and stay warm and well in their homes.

A range of free services and interventions are available such as:

- **The Local Energy Advice Program (LEAP) – Free home energy visits to help keep your house warm and cosy, as well as saving you money**
- **Grants and funding for measures such as insulation and boilers**
- **Direct referrals into other organisations of benefit**

Referrals can also be made via our website: www.bhbh.org.uk/contact-us

0800 107 0044 Monday to Friday, between 9am and 5pm



To contact the SHN Team in your locality
Tel: 01865 904845
email: Oxfordhealth.WallingfordSHN@nhs.net

The school health nurse for your school is: Deb Burdett
<http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>
<https://www.facebook.com/oxschoolnurses/>

