

# Secondary School Health Nurse Team Newsletter

## Term 2 - 2017

*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.*



### Immunisations at Secondary School

Students in Year 9 will be offered immunisations at all Oxfordshire schools from January 2018, as part of the school based national childhood immunisation programme. The immunisations will protect against **Tetanus, Diphtheria and Polio** and **Meningitis strains ACWY**.

Your child will be given a letter, consent form, and an information leaflet before the immunisation date agreed with their school. Please discuss the immunisations with your child and return the completed consent form to your child's school as soon as possible. Every student needs to return a consent form whether or not they need the immunisation. If your child is absent on the day of immunisation, a follow up visit will be made to your child's school when they will have a second opportunity to receive the immunisation. If you have any questions, please contact your School Health Nurse, contact details overleaf.

Further information is available from [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

### Managing Allergies in School

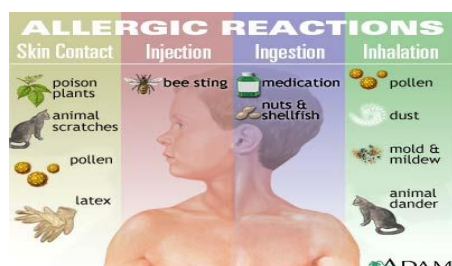
An allergy is a reaction the body has to a particular food or substance. Allergies are very common; it is thought to affect more than one in four people in the UK at some point in their lives. [www.nhs.uk/conditions/Allergies/](http://www.nhs.uk/conditions/Allergies/)

People can be allergic to almost anything, for example, food particularly nuts, fish, shellfish, eggs and cow's milk, medicine, latex, insect stings, pollen and animal dander. Most of the time mild allergies can be dealt with by avoiding the substances that cause the allergic reaction called allergens or triggers, help can be sought from your GP to manage your child's allergies.

Children at risk of a severe allergic reaction, which are potentially life threatening, are assessed at an allergy clinic. If they are at risk of an anaphylactic (life threatening) reaction they will be required to have emergency treatment available at all times - an **adrenaline auto injector**, which could be an Epipen, Jext or Emerade device, which are all easy and safe to use.

**School staff should be informed of all children at risk of a SEVERE allergy with auto injectors. Further information on known allergens and management plans need to be shared with school and updated annually.**

School staff are offered training each year by the school health nurse team, so school staff can safely care for children and administer adrenaline in an emergency if required. An Allergy Action Plan is written in conjunction with the Allergy Clinic. The Allergy Action Plan should be reviewed annually and we ask that all parents contact their local school health nurse team, to report any changes and to ensure their child's Allergy Action Plan is up to date.



# Supporting Teenagers to understand their emotions

It can be hard to know where to start to get teenagers to open up about their feelings, and talk openly about what's bothering them.

Anger may be an issue for your child if they:

- Hit or physically hurt other people
- Shout at people
- Break things
- Lose control
- Wind people up
- Spend time with people who you they know will get them into trouble



Other signs may be:

- Eating problems
- Feeling low
- Putting ourselves in danger
- Refusing to go to school
- Not talking to anyone
- Harming ourselves
- Abusing alcohol or drugs

Ref: Young Minds



<https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/>

## Learning to control angry emotions

Anger is a normal emotion, but it can become a problem for young people if they find it difficult to keep under control. The good news is that they can learn to control their emotions with your support. Encourage your child to recognize signs they are getting angry; their heart will beat faster and they will breathe more quickly, they may feel tension in their shoulders or clenching of their fists. **If they notice these signs, encourage them to get out of the situation, before they lose control.**

Ideas to reduce angry emotions in young people include,

- **Count to 10**, this gives time to think, and resist the impulse to act without thinking
- **Breathe slowly**, breathing out for longer than you breath in, helps you relax and think more clearly
- **Regular exercise**, can reduce stress levels, which may reduce angry outbursts
- **Looking after yourself**; getting a good nights sleep, avoiding drugs and alcohol, and eating healthily can all make it easier to control emotions and increase feelings of well being
- **Get creative**, drawing, writing down feelings, listening to music can all help improve emotions
- **Talking to someone about your feelings**

Help is available from the school health nurse, your family doctor, school staff.

Ref: NHS Choices.

**The School Nurse for The Bicester School is Ruth Locke who is usually available 8.30 – 4.30pm Monday to Friday**

**If you would like to speak to your school nurse, please contact:**



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**<https://www.oxfordhealth.nhs.uk/children-and-young-people/parents/oxfordshire/school-health-nurses/>**

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