Oxford Health
NHS Foundation Trust



Autumn Term (1): Secondary SHN Newsletter September 2026

Term 1: 2nd September - 23rd October 2026

Welcome to our **School Health Nursing (SHN) 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 young person, please use the details below.

ChatHealth 11-19

ChatHealth 11-19 is a confidential and secure text messaging service that allows young people aged 11-19, and their parents/carers, to contact the Oxfordshire School Health Nursing Team for advice and support. Young people and caregivers can use ChatHealth to receive advice, guidance, resources and signposting for a wide range of health and public health issues. Messages are typically answered within one working day, Monday to Friday, excluding bank holidays.

Text 07312263084, or click here to 'Start a Chat'[1], and speak to a school health nurse today.

[1] https://chathealth.nhs.uk/start-a-chat/h/OxonTeens

ChatHealth

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11-19 years old?

School Health Nursing messaging service for young people aged 11–19 years, and for their parents/carers, attending state schools or receiving home education in **Oxfordshire**

We provide **School Nursing** advice on issues such as:

Relationships
Contraception
Self-harm
Smoking
Diet & Exercise
Drugs & Alcohol
Sleep
Healthy Lifestyles
Mental & Emotional Health



Message **Oxfordshire School Health Nurses** for confidential support and advice.

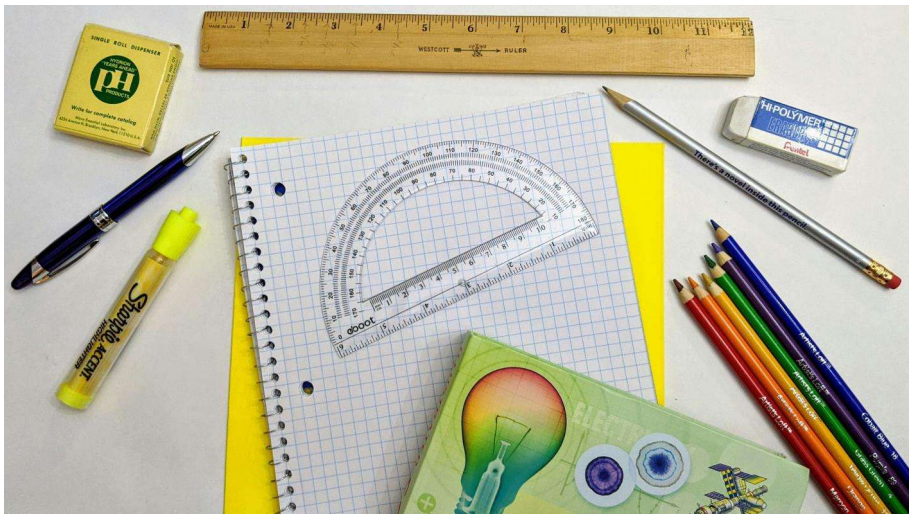


CYP 0-19 SPA

You can also contact us via our CYP 0-19 Single Point of Access (SPA):

- **Telephone: 01865 903 800**
- **Email:** cyp0-19@oxfordhealth.nhs.uk[2]

Moving Up to Secondary School



Starting secondary school is an exciting new chapter, but it's normal to feel a mix of excitement and nerves. By talking about any worries, encouraging independence and preparing for new routines, you can help your child feel confident and ready for the transition.

Helpful resources for parents and carers:

- Anna Freud | Supporting Children's Transition to Secondary School[3] – evidence-based guidance for parents and carers.
- **BBC Bitesize Parents' Toolkit**[4] – practical tips for starting secondary school and supporting independence.

Each mainstream secondary school has a named school health nurse which your young person can access. For more information, please message us via ChatHealth 11-19.

SEND Reform – What do I need to know?



[2] mailto:cyp019@oxfordhealth.nhs.uk
[3] https://www.annafreud.org/resources/schools-and-colleges/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and/
[4] https://www.bbc.co.uk/bitesize/groups/c5vpkq1l934t

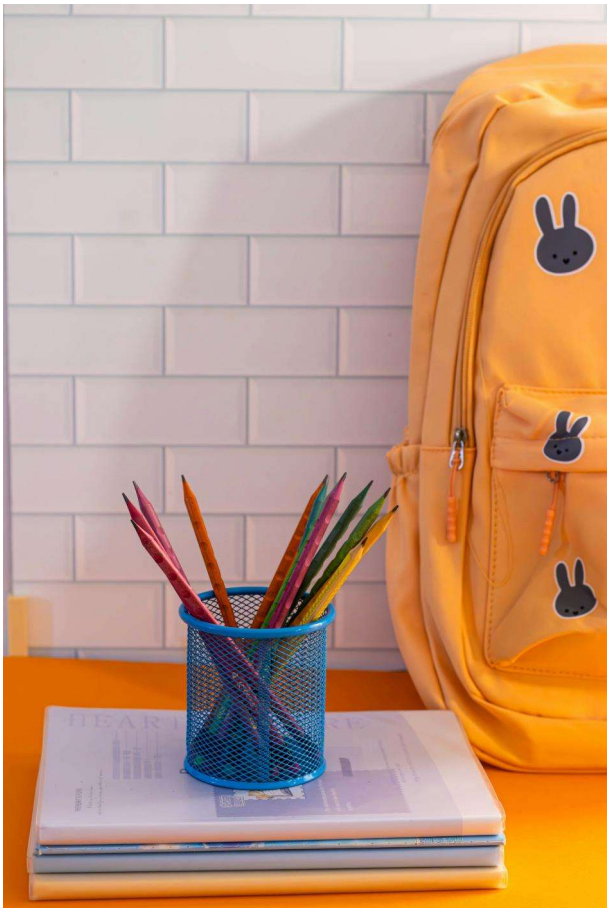
Update from *SEND Oxfordshire*

SEND Reform is a major overhaul of the Special Educational Needs and Disabilities system in England, aimed at improving inclusion, early support, and outcomes for children and young people. It is happening partly in response to the increasing demand for services and support. The aim is for children and young people to get the right help earlier, wherever they learn.

The SEND Local Area Partnership, comprising education, health and social care, has prepared a two page guide (download here)[5] on what is happening locally and nationally.

For more information on any aspect of SEND please go to the SEND Local Offer website[6] for Oxfordshire.

Ensuring your child is in school



Update from Oxfordshire's County Attendance Team

The Oxfordshire County Attendance Team understands the challenges families face regarding school attendance. Whether it's dealing with illness, anxiety, or other personal issues,

[5] https://url.uk.m.mimecastprotect.com/s/IcJTC08QksNZo1GhDhPzh97w6b?domain=mcusercontent.com
[6] https://www.oxfordshire.gov.uk/children-and-families/oxfordshire-send-local-offer

ensuring regular attendance can be tough. The team is there to support you and your child through these difficulties.

Please see the latest advice and guidance on their website.[7]

Information and Support Services

- **Advice and Guidance**: The team offers expert advice on managing attendance issues, including dealing with lateness, sickness, and unauthorized absences. They provide practical tips and strategies tailored to your family's needs.
- **Early Intervention**: By working closely with schools, the team identifies attendance issues early and collaborates with parents to address them before they escalate.
- **Parenting Contracts**: These contracts help clarify expectations and responsibilities, providing a structured approach to improving attendance.
- **Penalty Notices and Legal Action**: While the focus is on support, the team can issue penalty notices and take legal action if necessary, ensuring compliance with the Education Act 1996 and the Anti-Social Behaviour Act 2003.
- **Workshops and Resources**: The team offers workshops and resources to help parents understand the importance of regular attendance and how to support their child's education.

For more information or to seek support, you can contact the County Attendance Team:

- **Telephone:** 01865 323513
- **Email:** attendance@oxfordshire.gov.uk[8]

Emergency Medications



[7] https://url.uk.m.mimecastprotect.com/s/x2xKCqQN0TYDDQwFZfKphEVZsD?domain=oxfordshire.gov.uk
[8] mailto:attendance@oxfordshire.gov.uk

NEW statutory guidance for schools supporting children with allergies

The UK Government has announced new measures to strengthen support for children with *severe allergies* in schools. From September 2026, schools are expected to hold spare adrenaline auto-injectors (AAIs), provide allergy awareness training for staff and have clear policies for supporting pupils with medical conditions.

- Stronger protections for children with allergies in school - GOV.UK[9]

Important note for parents and carers

While these changes will improve schools' ability to respond to allergy-based emergencies, **they do not replace the need for parents and carers to ensure their child has their own *prescribed emergency medications***. Caregivers must continue to provide up-to-date information about allergies, medications, allergy action plans and contact details. Caregivers must also ensure that any *prescribed emergency medication* supplied to school is in date and replaced when needed.

For secondary-age young people with severe allergies, we strongly advocate for them to carry their own prescribed AAIs with them *at all times*.

As caregivers, please continue to encourage and support your young person to develop the independence and confidence needed to manage their own health, including reducing the risk of anaphylaxis. School Health Nurses are keen to support this transition. If you feel your young person would benefit from additional support, please get in touch via ChatHealth 11-19 [10](see above).

For more information for caregivers regarding managing severe allergies in schools, please see below:

- For Parents | Allergy UK | National Charity[11]

[9] https://www.gov.uk/government/news/stronger-protections-for-children-with-allergies-in-school
[10] https://chathealth.nhs.uk/start-a-chat/h/OxonTeens
[11] https://www.allergyuk.org/information-and-support/at-school/for-parents/

Stoptober is on the way...



Stoptober encourages thousands of smokers to quit the habit this October. Smoking is still a significant issue, and remains the single biggest cause of preventable ill health and death.

For those who already smoke, quitting for 28 days means they are five times more likely to quit for good - which is the evidence base on which Stoptober was first created.

If you are a parent who would like support to quit smoking, please access the local smoking cessation service here: Smokefree Oxon – A Stop Smoking Service[12]

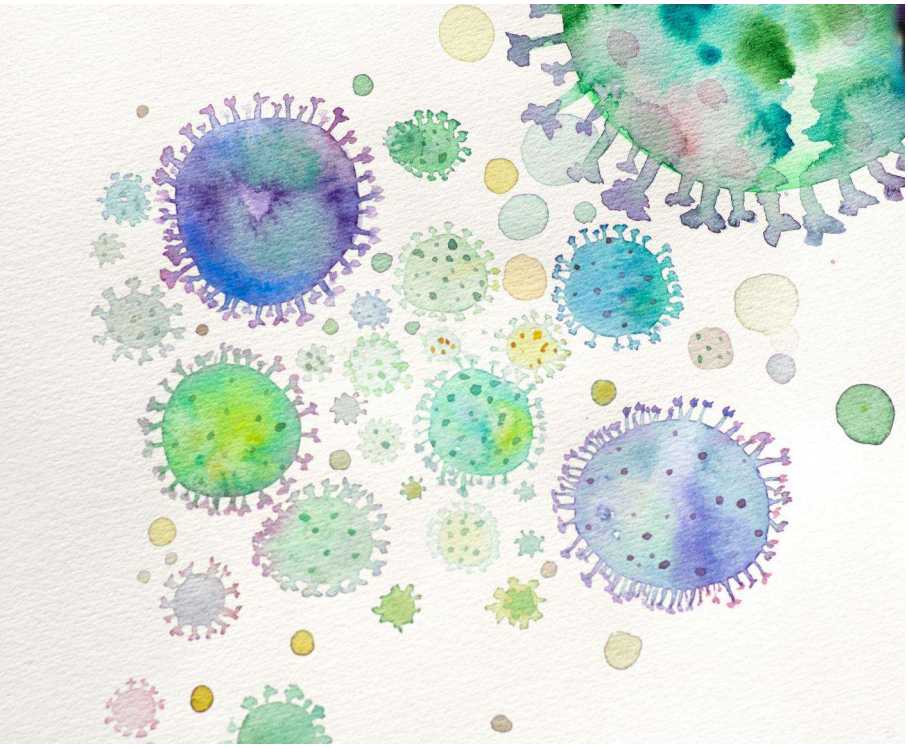
Vaping

If you'd like to know more about using vaping to quit smoking, you find out more here: Better Health.[13] Nicotine vaping is less harmful than smoking and also one of the most effective tools for quitting smoking. However vaping is not completely harmless and we don't know yet what the long-term effects may be.

Children and non-smokers should never vape.

[12] https://www.smokefreeoxon.co.uk/
[13] https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/vaping-to-quit-smoking/

School Aged Immunisation Service (SAIS)



Flu Vaccine

All parents/carers of children up to and including Year 11 (Year 13 if they are in a Special School) will shortly be receiving information regarding the Flu Vaccine.

Please complete your Consent Form promptly, even if you don't want your child to have their Flu vaccination as this stops us sending you reminders!!

Most children get the flu vaccine as a quick spray up the nose. If your child can't have the Flu spray for any reason, they can have an injection instead. The injection does not contain porcine gelatine. You can choose which vaccine is best for your child on the Consent Form.

School Aged Immunisation Service – PROTECTING FUTURES – ONE VACCINE AT A TIME

How to contact the SAIS

- **Telephone: 07920254400**
- **Email:** immunisationteam@oxfordhealth.nhs.uk[14]
- **Website:** www.oxfordhealth.nhs.uk/imms[15]

[14] mailto:immunisationteam@oxfordhealth.nhs.uk
[15] http://www.oxfordhealth.nhs.uk/imms

OXME



The ***OXME*** service in Oxfordshire is a valuable resource for young people, offering a wide range of information and support. It covers essential topics such as health, learning, work experience, job opportunities, anti-bullying, and e-safety. The service aims to help young people navigate their educational and career paths while promoting their well-being and safety. Whether your child needs advice on their future plans or support with personal challenges, *OXME* is here to assist them every step of the way.

Check out OXME here for information for young people[16]

Mental Health Support



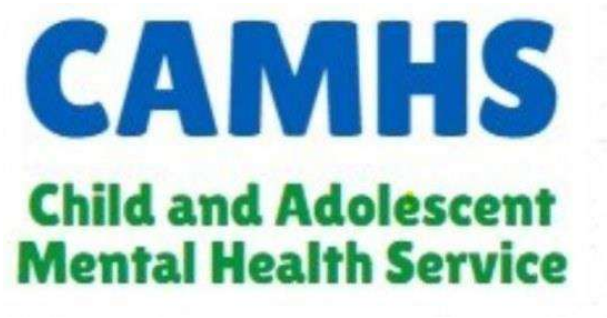
[16] https://oxme.info/

This October we'll be supporting World Mental Health Day in order to raise awareness, break down stigma, and remind us all that it's okay to talk about how you're feeling. Our mental health is *as* important as our physical health, and the start of a new academic year can be a challenging time for parents and young people.

Find more general advice and self-care tips, visit NHS Mental Health[17]

And for tips on mental wellbeing, visit the Every Mind Matters site here.[18]

Local Services



1 - Credit: Oxfordshire | Oxford Health CAMHSOxford Health CAMHS[19]

As well as ChatHealth 11-19 [20](see above), you can also access the **Child and Adolescent Mental Health Service (CAMHS)**[21]**. CAMHS** provides support for children and young people experiencing emotional, behavioural, or mental health difficulties, working closely with families to offer care such as therapy, counselling, and crisis support.

Parents and carers can contact CAMHS via their Single Point of Access (CAMHS SPA) - please see their website for details:

- https://www.oxfordhealth.nhs.uk/camhs/

National Services

If you or your child require mental health support, the following are always available:

- **NHS 111** – use 111 online[22] or call **111** if you require mental health help right now.
- **Childline** – call **0800 1111**, free, confidential support for under 19s.
- **Samaritans** – call **116 123** any time, day or night.
- **SHOUT** – text **85258** for free, confidential support via text.

In an emergency, always call 999 or go straight to A&E.

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[17] https://www.nhs.uk/mental-health
[18] https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/
[19] https://www.oxfordhealth.nhs.uk/camhs/oxon/
[20] https://chathealth.nhs.uk/start-a-chat/h/OxonTeens
[21] https://www.oxfordhealth.nhs.uk/camhs/
[22] https://111.nhs.uk/

Additional Services and Resources

Children's Integrated Therapies (CIT) Services

Oxford Health NHS Foundation Trust's **Children's Integrated Therapies (CIT)** include:

- Occupational Therapy,[23]
- Physiotherapy[24] and
- Speech & Language Therapy. [25]

For more information, including referrals, please visit their website:

- Children's Integrated Therapy Services[26]

ERIC - Bladder and Bowel support

ERIC (*Education and Resources for Improving Childhood Continence*) is a UK-based charity dedicated to supporting children and their families with bladder and/or bowel continence issues.

- Home - ERIC[27]

Healthier Together

NHS Healthier Together provides health advice and resources which is personalised to your location. To access this, simply enter your GP surgery and post code to access this information.

- Healthier Together[28]

Coram Family Lives

Coram Family Lives is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges, such as parenting issues, relationship difficulties or mental health concerns.

See their website which has vast amounts of information and resources for caregivers:

- Coram Family Lives - Parenting and Family Support[29]

We welcome your feedback!

Thank you for taking the time to read this newsletter.

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[23] https://www.oxfordhealth.nhs.uk/cit/occupational-therapy/
[24] https://www.oxfordhealth.nhs.uk/cit/physiotherapy/
[25] https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/
[26] https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/
[27] https://eric.org.uk/
[28] https://www.healthiertogether.nhs.uk/
[29] https://www.coramfamilylives.org.uk/

If you would like to provide feedback or suggest topics for future editions, please email **cyp0-19@oxfordhealth.nhs.uk**[30].

[30] mailto:cyp019@oxfordhealth.nhs.uk