

Primary School Health Team

Term 5 May 2023 Newsletter

This newsletter aims to provide families and young people with some useful tips for keeping healthy...

Primary School Health Nurses are based in localities, and work closely with parents and carers to meet the health needs of children. If you have any health concerns regarding your child please contact the school health nursing team details at end of this newsletter.

*Childhood is an important time to instil **healthy habits** and learn **crucial life skills**.*

Establishing these habits early on will help to improve your child's future quality of life and enable them to reach their full potential in education and beyond.

**KEEP
CALM
AND
DRINK MORE
WATER**

Hydration

The human body is made up of about 75% water and it is needed for multiple functions. Dehydration is linked to mood swings,

irritability, poor concentration and headaches. Sending your child to school with a full water bottle each day, will help them to concentrate better and get the most out of the day. Aim for six to eight cups or mugs per day of water or milk. The amount per cup depends on the age of the child:

- Under 5 years 120-150ml cup.
- 6 years and above 250-300ml cup.
- An easy way to monitor fluid intake is in the colour of their urine:



NHS

Are you drinking enough?

Colours 1-3 suggest normal urine

1		Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day.
2		
3		If your urine matches 1-3, then you're hydrated.
Colours 4-8 suggest you need to rehydrate		
4		If your urine matches 4-8, then you're dehydrated and you need to drink more.
5		
6		If you have blood in your urine (red or dark brown), seek advice from your GP.
7		
8		Please be aware that certain foods, medications and vitamin supplements can change the colour of urine.



Learning to swim is the best way to increase safety around water.

There are many places around Oxfordshire offering swim lessons. If you are receiving benefits and live in, or can travel into Oxford City, free swimming lessons are available for all children under 16 years.

Information can be found [here](#)

Learning Disability Week 19th - 25th June 2023

Learning Disability Week is all about making sure the world hears what life is like if you have a learning disability. A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. It's important to remember that with the right support most people with a learning disability in the UK can lead independent lives.

For more information visit:

[Mencap](#)



[Learning Disability Week](#)

ChatHealth

NHS
Oxford Health
NHS Foundation Trust

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

Health advice on zigs
A healthy lifestyle
sleep
bullying
support with behaviours
General and emotional health

Or scan QR code here to start a chat