

# Secondary School Health Team Newsletter

## Student Edition Term 4 March 2021



Dear students,

As school health nurses our top priority is your physical and emotional health. With COVID-19 and lockdown alongside the usual range of challenges that young people face, this has been a tough time for many of you. If anyone is feeling that their emotional health is suffering, or if you have other concerns, we can help.

When the schools are back open, we will be able to provide a more conventional service, so students who feel they need some help will be able to come to see us in person. If you are a young person who would like to self-refer, please use the details at the end of this newsletter to contact your own school health nurse.



Feeling nervous, worried or a bit anxious?

Try this:

Rate your level of anxiety on a scale from 1 to 10.

2. Sit as comfortably as possible in a chair with your head, back and arms supported, free legs and close your eyes (if you like).

3. Place one hand on your abdomen right beneath your rib cage.

4. Inhale deeply and slowly, send the air as low and deep into your lungs as possible. If you are breathing from your abdomen, you should feel your hand rise, rather than your chest.

5. When you have taken a full breath, pause before exhaling. As you exhale, imagine all the tension draining out of your body.

6. Do 10 slow abdominal breaths. Breathe in slowly counting to four, before exhaling to the count of four (four seconds in, four seconds out). Repeat this cycle 10 times. Hold final breath for 10 seconds, then exhale.

7. Now re-rate your level of anxiety and see if it has changed.

### Quick exercise to calm a busy brain:

1: Bring the pad of your forefinger to the pad of your thumb

2: Exquisitely gently rub them together, so gently that you can feel the ridges of your fingerprint

3: Continue for a few minutes, focussing on feeling the ridges

Feeling tense?

- Tense everything in your whole body, stay with that tension.
- Hold it as long as you can without feeling pain.
- Slowly release the tension and very gradually feel it leave your body.
- Repeat three times

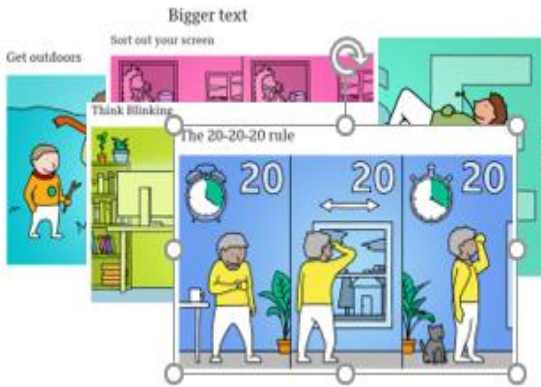
### [Street Tag | Oxfordshire County Council](#)



A fun, free, smartphone app that offers rewards for exercise. It counts your steps/activity whether running, cycling, walking or being active at home and outside you collect virtual street tags which turn into points. Fun for all the family.

## EYE HEALTH

Eye Health - With people spending so much more time indoors looking at screens we need to



Look after our eyes

Top tips as revealed on the BBC  
<https://www.bbc.co.uk/news/uk-55933168>

### Feeling good about yourself ?

Lockdown can affect us all in so many ways. It is easy to lose confidence in how we see ourselves. How we get on with friends and family and not liking our looks or weight can result in low mood affecting our studies and friendships . Here are some tips to look at this and manage the frustrations of being in lockdown

<https://www.healthforteens.co.uk/feelings/body-image/5-ways-to-help-you-feel-good-about-yourself/>



### Cyber Bullying: Just The Facts

Cyber bullying is a form of bullying where digital technology is used. You could experience cyber bullying via your phone, through social media platforms, when you're gaming or when playing on your computer.

If you're a victim of cyber bullying, you may feel harassed, intimidated, or even frightened of the person that is hidden behind their screen. Your family and friends may start to see a change in your behaviour or mood and you may even feel withdrawn and alone.

This is why it is so important to seek advice and support should you fall victim to cyberbullying. It can happen to anyone.....at any time.....whatever your age!

<https://www.healthforteens.co.uk/feelings/bullyin/g/cyber-bullying-just-the-facts/>

### Coronavirus and mental health

We are all struggling with our emotions during this pandemic- this can lead to feelings of anxiety, low mood, problems with sleep and eating, friendships and schoolwork.

Tips, advice, and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic  
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/> or come and see your school health nurse

### Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health.

Single Point of Access (SPA): **01865 902515**

You can also visit <https://youngminds.org.uk/>

which has a helpline

YOUNGMINDS



Or visit <https://www.familylives.org.uk/>

Your school health nurse is: Megan Murdoch

My office in school is up the stone steps in the courtyard



If you would like to speak to me or text or phone me / or outline process to access you in your school, contact me on 07775 112 101

I will call/text you back if you leave a message. Or email [megan.murdoch@oxfordhealth.nhs.uk](mailto:megan.murdoch@oxfordhealth.nhs.uk)

School Health Nurse website: [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>