



Public Health Nursing 5-19 Team Newsletter

Welcome!

How to contact us

School Nursing Duty line:
0300 123 7572
(Mon-Fri 9am-5pm)

Our referral website,
which also has
information about our
service:



Please see below our workshop
link, with lots of advice and support
on your child's emotional health,
returning to school and more:

<http://ow.ly/Qn9G50KI17f>

A fun and interactive website for
children to access health
information, with also information
for parents available:

<https://www.healthforkids.co.uk/>



Exciting News!

The School Nursing Team have a
new **Chat Health Parent Line** that
parents can text into for advice and
support for their child's health and
wellbeing.

Parents, message a school nurse
on:

07312 263002

We looking forward to hearing from
you!

Or scan the
QR code to
start a chat:



Chat Health Parent Line will run
between 9am-5pm, Monday -
Friday, excluding bank holidays.

Mental health and wellbeing

It's important to look after
our mental health and
wellbeing.



The five ways to wellbeing are a
great resource to use everyday as
we go about our daily lives.

Encourage your child to use these
tools. They could:

CONNECT: Stay in touch with
friends and do activities with loved
ones.

GIVE: Draw a picture or write a
poem for a loved one. Help around
their home with chores.

NOTICE: Go for a walk in nature
and look at as many things as they
can, describing them or maybe
drawing them or taking pictures.

BE ACTIVE: Dance to their
favourite music, go on a bike ride or
a walk.

LEARN: Children and young
people are constantly learning at
school, however there are also lots
of activities and hobbies they can
try to spark their interest.

[Five Ways to Wellbeing Primary
School Aged Children Checklist](#)

Emotional health & wellbeing tip

Worries may surface for children
when returning to school after the
summer break.

Visualisation can help distract from
the worry and concentrate on
something else. Visualising being at
the seaside is good tip, get your
child to focus on their senses.

- What kind of things can you **see**?
- What can you **smell**?
- What can you **feel**?
- What can you **hear**?
- What can you **taste**, that reminds you of the seaside?



Eye Development

Our Healthy Child & Young Person
Assistants are visiting schools to
complete the vision and hearing
screening on reception aged
children.

Here are some tips that may help
with promoting healthy eye
development.

- It is recommended that children should spend at least 2 hours outside every day, all year round, for exposure to natural light.
- Screen time should be limited to 30 minutes at time.

If your child is referred to eye clinic following screening, please ensure you attend to have your child's eye health followed up and offered the correct treatment if needed.

Parents of Year 6

The School Nurse Team will be
completing an online health
questionnaire called the Lancaster
Model during the Autumn and
Spring term.

This will be with children in year 6
to identify any health and wellbeing
issues that may need support.

The questionnaire is an age
appropriate proven questionnaire
to help identify any potential
problems and issues. Following the
questionnaire, the children will
have immediate access to a
member of the School nursing
team.

Information will be sent to parents
via the school office and parents
can message on our new Chat
Health Parent line with any
questions.



The Lancaster Model



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)

ORAL HEALTH FOR CHILDREN

WHAT IS TOOTH DECAY?

The hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. It can cause pain and infections, and cause problems with eating, speaking, playing, learning, smiling and socialising. Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

- Tooth decay is the most common reason for hospital admission in children aged 6-10
- Children with poor oral health have an increased risk of damage to adult teeth



There were 26,000 hospital admissions for children needing dental extraction in 2014 - 2015
(study carried out every 10 years)

REDUCE THE RISK OF TOOTH DECAY

- Take your child to the dentist when their first milk teeth appear
- Brush teeth twice a day with fluoride toothpaste - no rinsing
- Support children under 7 with brushing
- Children should see a dentist yearly at least
- Children should have fluoride varnish at each visit (which is free)

WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19 years old.

TOP TIPS ✨

- Brush teeth in the morning and at bedtime for 2 minutes with fluoride toothpaste
- Use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse, otherwise the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to mealtimes

HOW TO MAKE IT FUN

- Everyone can brush their teeth together - why not try a staring contest?
- Brushing to the beat - why not brush to your favourite song?
- Go electric?
- Use a timer - see who gets to two minutes without stopping





UK Health
Security
Agency

NHS

think measles

It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.



For more information go to
www.nhs.uk/vaccinations

immunisation

Helping to protect everyone, at every age