



## 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 (see QR code) also has information about our service.



Please see below our Workshop link, with lots of advice and support on children's emotional health, and more:

<http://ow.ly/Qn9G50KI17f>

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

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

Five ways to wellbeing Herts:  
<https://ow.ly/m91a50SsGJu>

### Positive ways to support children's mental health

- Encourage children to openly talk about their thoughts and feelings.
- Being worried is normal, but encouraging children to come up with ideas to challenge these thoughts and feelings will build their confidence.
- Keeping physically healthy by exercise, getting the right amount of sleep and striving to have a healthy diet and drinking lots of water can help to support children's mental health
- Praise encouragement and motivating children helps to support their self-esteem.

More information here:  
[www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/](http://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/)



### Sun Safety - 5 Top Tips

- Stay in the shade when possible when the sun is strongest (11am - 3pm from March - October)
- Children should wear at least sun factor 30+ sunscreen.
- Water washes sunscreen off. Water reflects ultraviolet rays, increasing sun exposure. Sunscreen should be reapplied straight after being in water, even if it's "water resistant", after towel drying, sweating or when it may have rubbed off.
- Children should wear suitable clothing and sunglasses in the sun, such as a hat and sunglasses.
- Drink lots of water.



#### For more useful tips:

[www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids](http://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids)

[www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/](http://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/)



### Transition to a new class/school

Going to a new class or a new school can be exciting and challenging. It may help to:

- See the new classroom, becoming familiar with the new school and how to get there.
- Talking through with children who their support network, in school and at home are.
- Talk through your child's personal strengths, what they are good at, understanding strengths make change easier to cope with.

For 10 top tips and further information:

[www.youngminds.org.uk/professional/resources/supporting-school-transitions/](http://www.youngminds.org.uk/professional/resources/supporting-school-transitions/)

### Water and Hydration

Staying hydrated is important, even more so in the summer months.

Being hydrated means giving your body water to help it work properly.

Most people should be drinking about 6-8 cups of water a day. Children under 8 years should drink 4-6 cups. Drinking more on hot days is important, as our bodies lose more water when we sweat.

Drinking with every meal and keeping a water bottle with you throughout the day is the easiest way to add more water into your day.

Learn more about why water is important:

[www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zj8nxbk](http://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zj8nxbk)

### Who we are

Your School Nursing Team in Hertfordshire is made up of different team members: School Nurses, Community Nurses, Associate Public Health Practitioners, School Nurse Assistants and Children's Wellbeing Practitioners.

As a team we offer support with emotional health issues, support for young carers, wetting and soiling concerns, sleep, long term and chronic health issues. We complete Growth, Vision, and Hearing checks in Reception and your Childs height and weight is measured again in year six in line with The National Child Measurement Programme.

We provide schools with a questionnaire to send out to Reception parents/carers and follow up with any advice needed and complete a questionnaire with year 6 pupils in school and offer follow up support if required.

Please see our animation for more information: <https://youtu.be/7RoTkp3vkB0>



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](http://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](http://www.healthforkids.co.uk/hertfordshire)



[www.healthforteens.co.uk/hertfordshire](http://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](http://www.nhs.uk/vaccinations)

**i**mmunisation

Helping to protect everyone, at every age