



Public Health Nursing 5-19 Team Newsletter

Welcome!

As another term begins, the school nursing team continues to support young people in Hertfordshire Schools.

Ways to contact us:

0300 123 7572 (Mon-Fri 9am-5pm)

www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx

Free workshops available for parents and young people to attend, regarding emotional health, & more: <http://ow.ly/U01750KHYQk>

A great website, with information and advice for young people aged 11-19.

www.healthforteens.co.uk



Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- **Weight and exercise**
- **Healthy eating**
- **Stress and anxiety**
- **Relationships and sexual health**

07480 635050



Immunisations

In secondary school young people are offered vaccinations. Here is some more information on them.

- The **HPV** vaccine reduces your chances of getting [human papillomavirus \(HPV\)](#), a common virus that's spread through skin contact. Most types of HPV are harmless, but some types are linked to an increased risk of certain types of cancer.
- The **MenACWY** vaccine is also routinely offered to teenagers in school Years 9 and 10. The MenACWY vaccine is given by a single injection into the upper arm and protects against 4 strains of the meningococcal bacteria - A, C, W and Y - which cause [meningitis](#) and blood poisoning (septicaemia).
- The teenage **DTP** booster is given to boost protection against 3 separate diseases: [tetanus](#), [diphtheria](#) and [polio](#).

(NHS, 2023)

Sandbox

The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and wellbeing.

The Sandbox has games, worksheets, group chats and online events, plus internet enabled Cognitive Behavioural Therapy (iCBT) or 1-to-1 support from professional therapists, based on a triage of the young person's needs. Signing up is easy and doesn't require a referral from a professional.

Visit The Sandbox website [here](#):



Special educational needs

The Hertfordshire local offer has lots of information about services for special educational needs and disabilities, including support with education, finances and other help.

[The Hertfordshire SEND Local Offer](#)

Angels support group support families of children with Autistic Spectrum Condition and /or ADHD [Home - Angels Support Group](#)

ADD-vance aim to support families with children with neurodiversity and to improve their wellbeing & reduce social isolation.

[ADD-vance](#)

Minor Illness in School Aged Children

Common illness can often include coughs and colds. It is ok to attend school with a minor cough if you do not have a temperature. Anything above 37.5 is classified as outside of normal range.

It is important to cough and sneeze into tissues and wash your hands.

Another common illness is diarrhoea and or vomiting. It is important that you are away from school for at least 48 post your last episode of diarrhoea and or vomiting. Yourself and anyone in the household should wash their hands regularly to minimise the risk of spreading the illness.



Remember to monitor fluid intake and try to drink at least 8 cups of water a day.

If you are concerned you can access support from your pharmacy, GP, 111, urgent care centres, A&E and 999 in an emergency.

(NHS, 2023, NICE, 2023).



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 YOUNG PEOPLE

WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and 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.

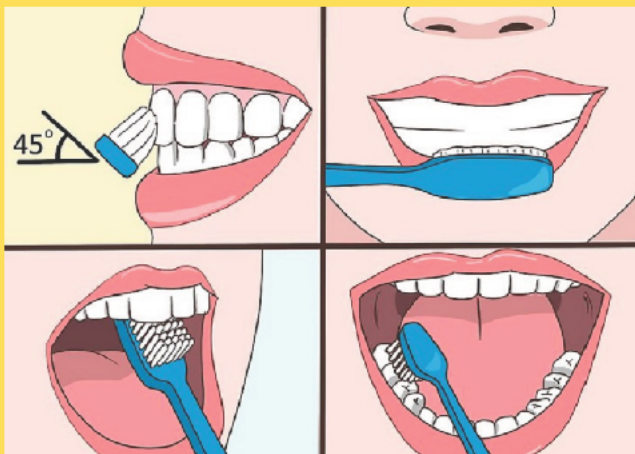
WHERE TO ACCESS A DENTIST

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.

HOW TO BRUSH



REDUCE THE RISK OF TOOTH DECAY

- Brush teeth twice a day with fluoride toothpaste - no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes



TOP TIPS ✨

- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times



- Brush to the beat - why not download the Brush DJ app and brush to your favourite song? ✨
- Set reminders and timers on your phone
- Go electric with an electric toothbrush