



Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support young people in Hertfordshire mainstream 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 and more:
<http://ow.ly/U01750KHYQk>

A great website with information and advice for young people aged 11-19:
www.healthforteens.co.uk



Positive Mental Health

Practice Mindfulness: Focus on the here and now, not the past or future. Practising Yoga or Pilates are helpful as they use breathing techniques which help with mindfulness.

Keep Active: Find something you enjoy, that gets you up and about, whether indoors or out. It doesn't have to be sport. YouTube has some great videos which you can do alone or with family and friends.

Stay connected with others: This can be as simple as sending a text or message to a friend to check in with them.

Learn a new skill: Keep our brains active is as important as our bodies. If you join a class or club, you will also connect and make new friends.

Healthy Diet: What we put in our bodies as fuel, can also affect our mood and overall well-being. This doesn't mean restricting food we love, but also choosing healthy nutritious food. (MIND, 2024)



Sun Safety Tips

- Spend time in the shade when the sun is strongest, this is between 11am and 3pm from March to October.
- Young people should wear at least SPF30 sunscreen.
- Water washes sunscreen off. Water also reflects ultraviolet (UV) rays, increasing your exposure. Sunscreen should be reapplied straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.
- Young people should wear suitable clothing and sunglasses in the sun, such as a hat and sunglasses with CE Mark and British Standard Mark 12312-1:2013 E.
- It is important to be aware that the body creates vitamin D (needed to keep bones, teeth and muscles healthy) from direct sunlight on the skin when outdoors. Therefore it is important to enjoy the sun safely, by being outside on a regular basis. (NHS, 2022)



Transition to a new class/school

Going to a new class or a new school can be exciting and challenging. You may feel nervous about meeting new people, making new friends, change of environment, new teachers, new timetable.

It is important to feel happy and safe in school, so that you can learn and grow as a person. Being happy helps you to make friends, learn better and feel good about yourself.

If you are unhappy or stressed at school, speak to a trusted adult who can help. (Health for Teens, 2024)

Talk through worries and excitement and come up with strategies for the worries.

Water and Hydration

Staying hydrated is important, even more so in the summer months! Here are 7 reasons why you need to stay hydrated:

1. For concentration.
2. Replacing fluids you've lost during exercise.
3. Drinking water stops your mouth from becoming dry.
4. You feel more energised and less tired.
5. Keeps your skin healthy.
6. Not drinking enough can give you headaches.
7. Not drinking enough can leave you feeling dizzy or light headed.

For more information, see:
www.healthforteens.co.uk/lifestyle/8-reasons-why-you-need-to-stay-hydrated/

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, healthy eating and weight management, support for young carers, toileting concerns, sleep, long term and chronic health issues. This support can be offered in one to one sessions.

We have a private and confidential chat health texting service available to all young people aged 11-19 attending a Hertfordshire school.

ChatHealth is available Monday-Friday 09:00-17:00 including the school holidays.

Text 07480 635050





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)



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





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.

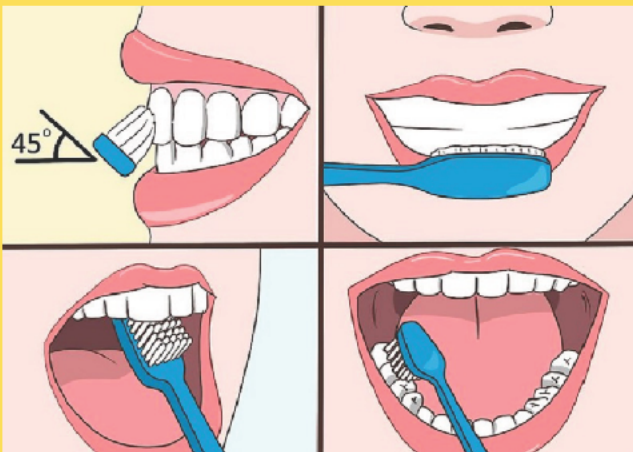
WHERE TO ACCESS A DENTIST

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