



## 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)**

[School nurses in Hertfordshire](http://www.healthforteens.co.uk)  
([hertsfamilycentres.org](http://hertsfamilycentres.org))

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](http://www.healthforteens.co.uk)



### Chat Health:

A confidential school nurse text messaging service for all secondary school aged pupils.

Get advice on things like sexual health, emotional health, bullying, healthy eating and any general health concerns. Available Mon – Fri, 9am to 5pm, excluding bank holidays. **Text 07480 635050.**



### **Exciting news re: Chat Health**

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

Parents message your school nurse on:

**07312263002**

### Teach that exam who's boss!

Top tips for preparing for exams!



**Create a realistic revision schedule** - Plan well ahead of exams. Aim to do a few hours of revision a day.

**Take regular short breaks** – Helps with concentration. Exercise relieves stress and helps you sleep.



**Reward yourself** - after you have finished revision do something nice e.g. time with friends.

**Eat well and sleep well** - a diet full of fruit and vegetables and a good sleep pattern will keep your body energised.



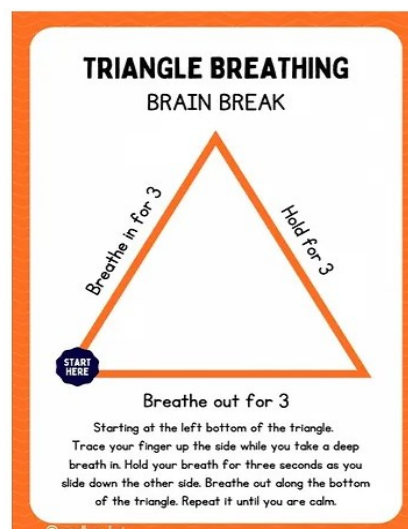
**Ask for help** - Talk to someone you trust if you are feeling stressed.

Further support see [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

[NHS website for England - NHS](http://www.nhs.uk)

### Relaxation Strategy

<https://thesandbox.mindler.co.uk> has some great resources to help aid relaxation :)



### Personal hygiene

Take a look at [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

for a great personal hygiene checklist.

It is so important to stay clean and healthy particularly through puberty:

- Clean your teeth twice per day
- Washing private areas daily
- Shower/bathing once per day
- Using deodorant
- Eating a balanced diet
- Regular exercise

If you would like any advice please text us on **07480 635050.**



### Vaping

Vaping in teenagers is increasing and the long-term health risks are yet unknown. Vapes were designed to support adults to stop smoking and have a legal age limit of 18. Vapes have been marketed so that they are attractive to teenagers with 'fruity' flavours and packaged in bright colours. Vapes can contain nicotine and other substances that may be harmful. This can make it very difficult to quit and lead to addiction. Health advice would be to not start using vapes but if you do and are finding it difficult to stop, speak to your GP or visit [Vapes FRANK](http://www.vapesfrank.co.uk) for some factual information around Vapes and their usage.





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)



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

# 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.

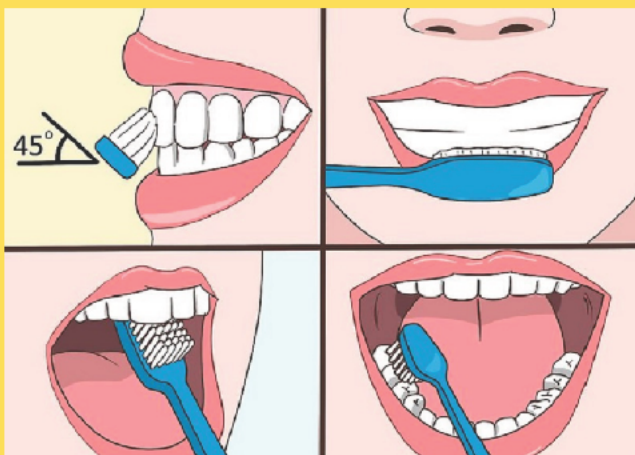
## WHERE TO ACCESS A DENTIST

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