



Hertfordshire
**Family Centre
Service**

School Nursing

Summer 2025

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 a link to our
workshop, 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, and includes
information for parents as well.

www.healthforkids.co.uk



Five ways to 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

GIVE

Draw a picture or write a poem for a
loved one.

NOTICE

Go for a walk in nature and look at
as many things as they can

BE ACTIVE

Go on a bike ride or a walk

LEARN

Try a new activity or hobby



Eye Development

Our Healthy Child & Young Person
Assistants have been visiting
schools to complete vision and
hearing screenings with children in
reception. We wanted to share 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.
- Too much screen time can
cause eye fatigue, blurry vision
and dry eyes.

If your child is referred to the eye
clinic following screening, please
ensure that you attend the follow up
appointment to allow any required
treatment.



Relaxation Strategy

Have you heard of 'hot chocolate
breathing'? Why not give this
breathing exercise a go with your
child to keep them calm and
relaxed...

Hot Chocolate Breathing



Imagine you have a mug of hot chocolate.
You can breathe in through your nose to smell the hot
chocolate - count 1 2 3 4 5.
You can blow out of your mouth to cool it down -
count 1 2 3 4 5.
Deep breathing can calm your body and brain.

@TheContentedChild

Water Safety

As the weather warms up it is
important that children are
supervised by a responsible adult
at all times:

Tips for water safety include:

- Emptying paddling pools when
not in use
- Ensuring ponds are not
accessible to children and
young people.
- Teach children safe places to
swim where there are lifeguards
such as public swimming pools.
- Ensure children are swimming
with appropriate floatation aids
and in depths they are
comfortable with.



Sun Safety

Here are some tips on sun safety.
For more information you can visit
[Sunscreen and sun safety - NHS](https://www.nhs.uk/conditions/sunscreen-and-sun-safety/)



- Wear a wide-
brimmed hat that
shades the face,
neck and ears

- Protect your eyes
by wearing
sunglasses



- Cover up in
suitable clothing,
such as light-
coloured long
sleeves

- Wear at least SPF 30
sunscreen - reapply it
after drying, sweating
or when it may have
rubbed off.





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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

