



Hertfordshire
**Family Centre
Service**

School Nursing

Summer 2025

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

HEALTH FOR TEENS

Staying hydrated

It's important for our bodies to stay hydrated, which can be difficult in the warmer weather. This can be difficult at times, but here are some tips to help:

- Drink regularly throughout the day
- Limit fruit juice and smoothies to a maximum of one small glass (150ml) a day and drink with a meal, as they're high in sugar
- Drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- If you don't like the taste of water, try sparkling water, no added sugar squash, or add a slice of lemon or lime!



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. However 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.

General health advice would be to avoid using vapes but if you do and are finding it difficult to stop, speak to your GP or visit [Vapes | FRANK](#) for some factual information around vapes and their usage.

As 1 June 2025, businesses are banned from selling or supplying any single use vapes.



The Sandbox

<https://thesandbox.mindler.co.uk>

The Sandbox is an innovative digital mental health care service for children and young people that offer lots of strategies and tips for your emotional health and wellbeing.



Personal hygiene

Take a look at 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
- Use deodorant
- Eating a balanced diet
- Regular exercise

If you would like any non-judgemental advice, please text us on **07480 635050**.



Five ways to wellbeing

The five ways to wellbeing are a great resource to use everyday as we go about our daily lives. Why not give these a go?

CONNECT

Stay in touch with friends

GIVE

Hug your family and friends

NOTICE

Go for a walk in nature and really take in what you see

BE ACTIVE

Go for a walk, jog, bike ride or something else active

LEARN

Try a new activity or hobby





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.

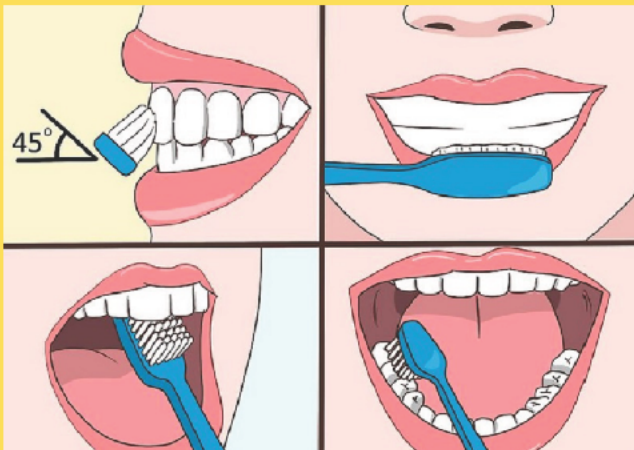
WHERE TO ACCESS A DENTIST

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