



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
(hertsfamilycentres.org)

Free workshops available for parents and young people about 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

HEALTH FOR TEENS

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 from Chat Health

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

Parents, you can message a school nurse on:

07312 263002

Five ways to wellbeing

It's important to look after our mental health and well-being.



These five ways to well-being are a great resource to use everyday as we go about our daily lives:

CONNECT: Stay in touch with friends and do activities with loved ones.

GIVE: Draw a picture or write a poem for a loved one. Help around the house with chores.

NOTICE: Go for a walk in nature and look at as many things as you can, describing them or maybe drawing or taking pictures.

BE ACTIVE: Dance to your favourite music, go on a bike ride or a walk.

LEARN: Young people are constantly learning at school; however there are also lots of activities and hobbies you can try to spark their interest.

Emotional health & wellbeing tip

Worries may surface for young people when returning to school after the summer break.

Visualisation can help distract from the worry and concentrate on something else. Visualising being by the sea is a great tip to distract yourself.

Try some of these to really visualise the sea:

- What kind of things can you **see**?

- What can you **smell**?

- What can you **feel**?

- What can you **hear**?

- What can you **taste**, that reminds you of the seaside?



Sleep

After the school break, young people's sleep might be effected due to the difference in routine.

Health for Teens has some great tips to retrain your sleep:

- Don't drink caffeine towards the end of the day.
- Relax before bedtime.
- Stick to regular bedtime and wake up times.
- Keep regular mealtimes.
- Get active.
- Avoid devices such as phones, tablets, computers and game consoles.
- Share your worries.
- Have a good place to sleep.

[How your day affects your sleep | Health For Teens](#)



Herts Haven Café

Herts Haven Cafés offer drop-in space for children and young aged 10 – 18 years old across Hertfordshire.

These sessions enable young people to access support for their emotional wellbeing.

Their main goal is to create a non-judgemental environment where young people feel comfortable sharing their concerns.

Why not go and check them out? Further information can be found on their website.

withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

[Herts Haven Cafés - WithYouth](#)



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.

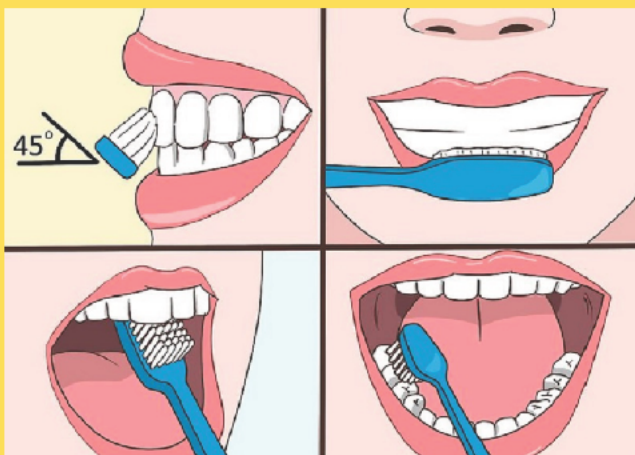
WHERE TO ACCESS A DENTIST

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