

Hertfordshire Community

School Nursing

Winter 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



Chat Health Parent Line

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

Parents message your school nurse on:

07312263002

Or scan the start a chat:



We looking forward to hearing from you!

Chat Health Parent Line will run between 9am-5pm, Monday -Friday, excluding bank holidays.

Eye Development

Our Healthy Child & Young Person Assistants are 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 fatique, blurry vision and dry eyes.

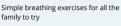
If your child is referred to the eye clinic following screening, please ensure that you attend the follow up appointment to allow any required treatment.



Relaxation Strategy

www.healthforkids.co.uk has some brilliant strategies to help aid relaxation.

How to relax



Exercise One: The Mountain



1. Image a mountain. You can close your eyes if you want to



2. Imagine you are walking up this mountain. As you walk up, breathe in to the count of 5



3. Imagine you are now at the top of the mountain. Hold this breathe to the count of 5



4. Imagine you are walking down the other side of the mountain. Slowly breathe out to the count of 5

5. Repeat steps one to four until you start to feel

Support with toilet training



If you need support with getting your child dry, please see useful information below

The Children's Bladder and **Bowel charity (ERIC)**

https://eric.org.uk

Bladder and Bowel UK

https://www.bbuk.org.uk/childrenyoung-people/

Referral process

The school nursing service can offer advice and support with low level emotional health and well-being including:



- Low self esteem
- Worries and feelings
- Sexual health
- Sleep
- Healthy lifestyle
- Wetting/Soiling/Constipation

Our referral form can be found here:







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







thinkmeasies

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



Helping to protect everyone, at every age