Hertfordshire
Family Centre
Service

NHS

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

ChatHealth

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

Health for Kids!

www.healthforkids.co.uk/hertfordshire

HEALTHiTEENS

www.healthforteens.co.uk/hertfordshire

School nursing duty number
0300 123 7572
9am – 5pm Monday to Friday
(excluding bank holidays)

Hertfordshire Family Centre Service

School Nursing

NHS Hertfordshire Community NHS Trust

Summer 2024

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 (see QR code) also has information about our service.

Please see below our Workshop link, with lots of advice and support on children's emotional health, and more:
http://ow.ly/Qn9G50KI17f

A fun and interactive website for children to access health information, with also information for parents available.

www.healthforkids.co.uk

Five ways to wellbeing Herts:
https://ow.ly/m91a50SsGJu

Positive ways to support children's mental health

- Encourage children to openly talk about their thoughts and feelings.
- Being worried is normal, but encouraging children to come up with ideas to challenge these thoughts and feelings will build their confidence.
- Keeping physically healthy by exercise, getting the right amount of sleep and striving to have a healthy diet and drinking lots of water can help to support children's mental health
- Praise encouragement and motivating children helps to support their self-esteem.

More information here:
www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/



Sun Safety - 5 Top Tips

- Stay in the shade when possible when the sun is strongest *(11am - 3pm from March - October)*
- Children should wear at least sun factor 30+ sunscreen.
- Water washes sunscreen off. Water reflects ultraviolet rays, increasing sun exposure. Sunscreen should be reapplied straight after being in water, even if it's "water resistant", after towel drying, sweating or when it may have rubbed off.
- Children should wear suitable clothing and sunglasses in the sun, such as a hat and sunglasses.
- Drink lots of water.



For more useful tips:

www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids

www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/



Transition to a new class/school

Going to a new class or a new school can be exciting and challenging. It may help to:

- See the new classroom, becoming familiar with the new school and how to get there.
- Talking through with children who their support network, in school and at home are.
- Talk through your child's personal strengths, what they are good at, understanding strengths make change easier to cope with.

For 10 top tips and further information:

www.youngminds.org.uk/professional/resources/supporting-school-transitions/

Water and Hydration

Staying hydrated is important, even more so in the summer months.

Being hydrated means giving your body water to help it work properly.

Most people should be drinking about 6-8 cups of water a day. Children under 8 years should drink 4-6 cups. Drinking more on hot days is important, as our bodies lose more water when we sweat.

Drinking with every meal and keeping a water bottle with you throughout the day is the easiest way to add more water into your day.

Learn more about why water is important:

www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zj8nxbk

Who we are

Your School Nursing Team in Hertfordshire is made up of different team members: School Nurses, Community Nurses, Associate Public Health Practitioners, School Nurse Assistants and Children's Wellbeing Practitioners.

As a team we offer support with emotional health issues, support for young carers, wetting and soiling concerns, sleep, long term and chronic health issues. We complete Growth, Vision, and Hearing checks in Reception and your Childs height and weight is measured again in year six in line with The National Child Measurement Programme.

We provide schools with a questionnaire to send out to Reception parents/carers and follow up with any advice needed and complete a questionnaire with year 6 pupils in school and offer follow up support if required.

Please see our animation for more information: **https://youtu.be/7RoTkp3vkB0**