



Hertfordshire
**Family Centre
Service**

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
QR code to
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 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

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

How to relax
Simple breathing exercises for all the
family to try

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
more relaxed

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/children-
young-people/](https://www.bbuk.org.uk/children-young-people/)

Referral process

The school nursing
service can offer
advice and support
with low level emo-
tional 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:





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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

