



Public Health Nursing 5-19 Team Newsletter

Welcome Back!

We hope you all had a relaxing summer break! We are looking forward to supporting lots of children and young people throughout the new school term.

How to Contact Us:

0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50K11qW>

Please see use this link to see information about our online workshops which you can book without a referral.

<http://ow.ly/Qn9G50K117f>

Health for Kids is a fun & interactive website for parents and children to access health information,

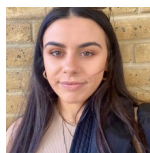
www.healthforkids.co.uk

Meet A Team Member

Hello, I'm Shannon, a Children's Wellbeing Practitioner in the school nursing team. Children Wellbeing Practitioners provide 1-1 self-help interventions for anxiety, low mood, and behavioural difficulties.

Our interventions offer support for mild difficulties and are based on Cognitive Behavioural Therapy principles. This empowers children and young people with tools for good emotional health and wellbeing.

Our appointments are either in school or online. You can make a referral to us using the school nurse referral form at the link above.



Measles

Measles in England and Europe has recently increased. Measles is a serious disease and 1 in 15 children go on to develop complications which can include meningitis and blindness. 1 in 5 children require hospital treatment.

There is no medical treatment for measles; vaccination is the best protection against becoming seriously unwell. The combined Measles Mumps and Rubella (MMR) offers the best protection for children and adults, the vaccine is free and available at your GP.

Children are given their first dose at 1 years old and their second dose at 3 years 4 months as part of the pre-school booster. But it's never too late to receive the vaccination, and this includes adults. The MMR vaccine is proven to be a safe and effective vaccine.

If you have any questions please contact your GP or visit the [NHS website](#).



Healthy Lunches

A healthy nutritious packed lunch will help your child to make the most out of their learning, helping them to concentrate throughout the school day. A healthy lunch does not have to be complicated or expensive - for example, use leftovers from dinner, and switch crisps for cucumber or carrot sticks.

[This link](#) will take you to some useful packed lunch ideas!



School Readiness

We know it can sometimes be daunting for children starting school.

The Health Visiting Under 5's webpage has lots of help and information about school readiness, and how you can help your child with the skills they need to settle into learning and socialising in their new school.

<https://healthforunder5s.co.uk/category/ready-for-school/>



Dental Check ups

Children and young people are entitled to free regular dental check ups and treatments. This includes orthodontic treatment if needed.

If children are not yet registered with a dentist, it is important to register as soon as possible. Please see the link below of dentists taking new patients currently:

www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/

Children should brush their teeth twice per day for 2 minutes, using a fluoride toothpaste. Toothbrushing is the best prevention against tooth decay.





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)