



Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support children in Hertfordshire mainstream schools.

Ways to contact us

School Nursing Duty line:
0300 123 7572
(Mon-Fri 9am-5pm)

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



[School nurses in Hertfordshire](https://hertsfamilycentres.org)
(hertsfamilycentres.org)

Social Media



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing

Emotional Health

Children can use many techniques to help reduce their stress and relax. There are many techniques on www.healthforkids.co.uk that you can teach your child to help them relax during times of stress. It's important that these are practised when you child is in a calm state.



Why not try the lanterns game to help your child express how they are feeling?



It's all about finding out what works for you and your child.

Chicken Pox

Chicken pox can appear at any age. It usually gets better after 1-2 weeks, without the need to see a GP. An itchy, spotty rash is the main symptom, which can appear anywhere on the body.

Chicken pox appears in 3 stages:

1. Small spots appear
2. Spots become blisters
3. Blisters become scabs

Other symptoms may include high temperature, generally feeling unwell and loss of appetite.

Children will need to stay off school until all spots have scabbed, usually 5 days after the spots appear.

For more information, check out www.nhs.uk/conditions/chickenpox

Headlice

Headlice can make your head feel itchy or like something is moving in your hair. Treat headlice as soon as you spot them. You can treat headlice without seeing a GP.

To remove headlice, comb the hair with a special fine-toothed comb. You can buy these online or at pharmacies. There's no need to keep your child off school.

Lice can be removed by wet combing:

1. Wash hair with ordinary shampoo, apply lots of conditioner.
2. Comb the whole head of hair, from the roots to the ends.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that hair is free of lice after 17 days. See www.nhs.uk/conditions/head-lice-and-nits/ for more information.



Measles

Measles infection is caused by a virus, and spreads between people very easily. Around 1 in 15 people with measles can become seriously unwell.

What are the symptoms of measles?

A high temperature, runny or blocked nose, sneezing, a cough, red sore eyes.

Having the MMR vaccine is the best way to prevent measles.

To find out more, check out the National Measles Guidelines:



Special Educational Needs

The Hertfordshire Local Offer has lots of information about services for you if you have special educational needs and disabilities.

[The Hertfordshire SEND Local Offer](https://www.hertfordshire.gov.uk/local-offer)

SPACE supports young people who are neurodivergent. Whether you think you may be, are going through the diagnostic process, or have already received a diagnosis, **SPACE** are here to support you.

[SPACE Hertfordshire](https://www.spacehertfordshire.org)





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)

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





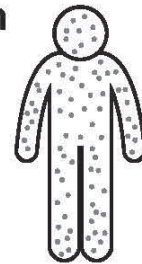
UK Health
Security
Agency

Measles is circulating

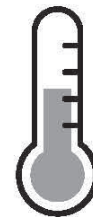
- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up-to-date
- if you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others
- symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms
- go to **nhs.uk** for more measles information

Symptoms

Rash



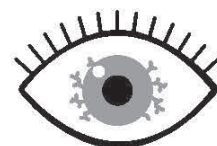
Temperature



Runny Nose



Red Eyes



Cough

