



## Public Health Nursing 5-19 Team Newsletter

### Welcome!

As a new term begins, the school nursing team continues to support children in Hertfordshire 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:



[www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx](http://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx)

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more:  
<http://ow.ly/Qn9G50KI17f>

### Meet a Team Member

**Sue, Jo, Rosie and Lisa** would like to say hello! We are the Public Health Nursing team leaders for the North, East, South and West School Nursing teams.

Our role is to facilitate and support the teams to deliver packages of care to children, young people and their families. We monitor the quality of the service striving to maintain high standards of care provision and we work in partnership with schools and other agencies/services.

We ensure that as a service we deliver and inclusive provision for all children, young people and families.

We welcome contact from parent/carers, schools and other professionals.

### Healthy Lifestyle

There is a brilliant new game on our website at:

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



Lunchbox Hero can help support your child with making healthy choices and support your child with being aware of a balanced diet.

Did you know BeeZee Bodies in Hertfordshire is also a service that can support families with healthy lifestyles. Check out their healthy living courses for families at [beezeebodies.com](http://beezeebodies.com)

On their website they have lots of useful resources and delicious healthy recipes.

### Relaxation Technique

Using our five senses is a great technique to make your child feel calm, relaxed and be able to manage their emotions easier.



### Top Tip

Practicing calming techniques when children are in a good place and not feeling stressed, will help them to use techniques more effectively in situations when they really need them.

### Special educational needs

**The Hertfordshire Local Offer** has lots of information about services for special educational needs and disabilities, including support with education, finances and other help.

[The Hertfordshire SEND Local Offer](#)

**Angels** support group support families of children with Autistic Spectrum Condition and/or ADHD.

[Angels Support Group](#)

**ADD-vance** aim to support families with children with neurodiversity and to improve their wellbeing & reduce social isolation.

[ADD-vance](#)

### Minor illness in school aged children

Common illness in school aged children often include coughs and colds. It is ok to send your child to school if they do not have a temperature.

**Anything above 37.5** is classified as outside of normal range for a child.

It is important for children to cough and sneeze into tissues and wash their hands regularly to minimise the risk of spreading illness.

Another common illness in school aged children is diarrhoea and/or vomiting. It is important that your child is off school until they have been clear of diarrhoea or vomiting for at least 48 hours. Children and anyone in the household should wash their hands regularly to minimise the risk of spreading the illness. Remember to monitor fluid intake and output to reduce the risk of dehydration.

If you are concerned you can access support from your pharmacy, GP, 111, urgent care centres, A&E and 999 in an emergency.

Remember it is important to inform the school if your child is **NOT** well enough to attend school.

(NHS, 2023, NICE, 2023)



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](http://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](http://www.healthforkids.co.uk/hertfordshire)



[www.healthforteens.co.uk/hertfordshire](http://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

