



Hertfordshire Public Health Nursing 5-19 Newsletter

Who are we?

Welcome to the 1st Hertfordshire School Nursing Service newsletter.

We are a highly skilled mix of people who offer packages of care to support the physical and emotional wellbeing of children and young people. We have all completed some form of extra training which specifically relates to the health needs of the school aged population. Our team also completes vision and hearing screening of our reception aged children and growth monitoring for reception aged and Year 6 children.

The School Nursing Team works closely with education, social care, and other health professionals, to help children and young people to remain healthy and to ensure that any health needs are met.

For further information please visit our website at: <https://www.hct.nhs.uk/our-services/school-nursing/>

Please also take a look at our whiteboard animation to learn more about our service at: <https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx>

What is an Associate Public Health Practitioner?

Hello! My name is April and I am a Associate Public Health Practitioner. Associate Public Health Practitioners carry out targeted work with children to support with their overall Emotional Health and Wellbeing.



This work includes support with Anxiety, Anger, Self-esteem and Sleep.

We support children who attend schools in Hertfordshire between 5-19 years old. We support our School Nurses to complete The Lancaster Model Questionnaire.

We also support our School Nurse Assistants to complete vision and hearing screening for reception children and The National Child Measurement Programme for the reception and year six children.

Sun Safety Tips to Keep Safe in the Sun

- Supply your child with suitable clothes for school when it is hot, including sunglasses and a hat.
- Provide a water bottle to keep your child hydrated.
- Apply sunscreen to your child before school when required. When buying sunscreen, the label should have a sun protection factor (SPF) of at least 30 to protect against UVB. Buy at least 4-star UVA protection.
- Take extra care to protect babies and children. Their skin is much more sensitive, and skin damage can be caused by repeated exposure to sunlight.
- Swimming – sunscreen should be reapplied straight after anybody has been in water, even if it's 'water resistant', and after towel drying, sweating or when it may have rubbed off.
- Advise your child to avoid looking directly at the sun, as this can cause permanent eye damage. (NHS,2019).
- Ensure your child spends time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

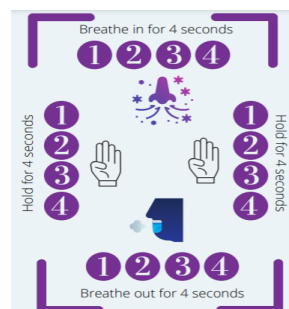


Top tips

Feeling worried, stressed or angry?
Going back to school can be a difficult time for many. Try out this breathing square to help aid relaxation.

More strategies and techniques available at:

www.healthforkids.co.uk
www.healthforteens.co.uk



We are still here over the summer holidays

The School Nursing Team remain working over the Summer Holidays. We are here to help with any emotional or physical health concerns you may have about your child.

We can offer advice, support or signpost you to other services who can help.

Please ring our School Nursing Duty line on **0300 123 7572** (9am– 5pm, excluding bank holidays).

Refer using our online referral form at:

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

Chat Health

Our chat health confidential text messaging service is for young people aged 11-19 year olds in mainstream school in Hertfordshire. Also available throughout the summer holidays.

Young people can text in any concerns regarding their health and wellbeing and a school nurse will text back.

Just text: **07480 635050**



Workshops

Our children and wellbeing practitioners offer online group workshops for parents and children.

Please see below website for up to date workshops:

<https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



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)