



Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support young people 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 \(hertsfamilycentres.org\)](https://hertsfamilycentres.org)

Social Media



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing

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:



(UK Health Security Agency, 2024)

Top tips for exam stress

Upcoming exams can cause stress for everyone. Feeling stressed because you can't control the outcome is a normal feeling.

Finding it difficult to concentrate, sleep, feeling irritable and annoyed, feeling run down or unwell and symptoms of anxiety or depression are all signs of exam stress.

Tips to manage exam stress

- **Organisation:** creating a revision timetable and taking regular breaks.
- **Eat well, sleep well.** Avoid energy drinks.
- **Relaxation techniques:** breathing techniques or grounding techniques can help.

Helpful websites

www.healthforteens.co.uk/feelings/exam-stress/exam-stress-just-the-facts/

www.justtalkherts.org

www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787



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](#)

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](#)



Grounding Skills

This skill helps us to connect to the present and cope with difficult feelings.



Have a go and use your 5 senses

- **5 things you can see** (clock, people)
- **4 things you can feel** (wind blowing, jumper on skin)
- **3 things you can hear** (Birds chirping, traffic, talking)
- **2 things you can smell** (perfume, food, coffee)
- **1 thing you can taste** (toothpaste, food, drink)

Hygiene

Good hygiene is important to stop the spread of germs and to keep our skin and hair healthy.

Handwashing: After using the toilet or preparing food, as well as when hands are visibly dirty, is important.

Hair washing: Whilst over-washing can cause a dry scalp and dandruff, if hair is greasy during adolescence it will need washing more often.

Bathing: Regular bathing ensures your skin stays healthy. For sensitive or dry skin there are specific products to help.

Areas that start to sweat more, such as underarms and the genital area, begin to cause an odour with the onset of puberty. These areas need daily washing.

Oral Hygiene: Cleaning teeth with a fluoride toothpaste at least twice daily is very important, along with regular dental check ups.





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)



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

ORAL HEALTH FOR YOUNG PEOPLE

WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and 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.

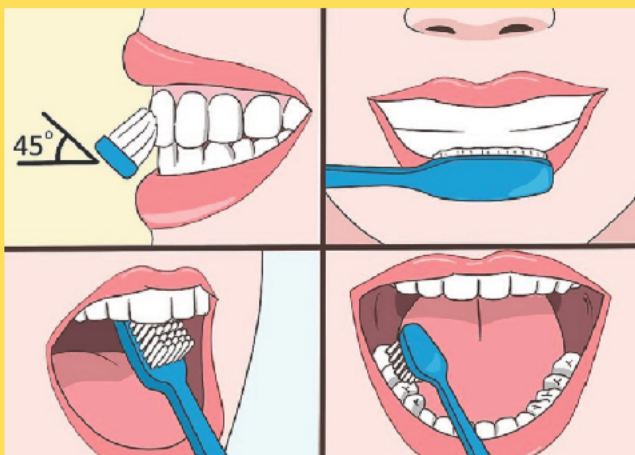
WHERE TO ACCESS A DENTIST

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.

HOW TO BRUSH



REDUCE THE RISK OF TOOTH DECAY

- Brush teeth twice a day with fluoride toothpaste - no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes



TOP TIPS ✨

- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times



- Brush to the beat - why not download the Brush DJ app and brush to your favourite song? ✨
- Set reminders and timers on your phone
- Go electric with an electric toothbrush