

Welcome back!

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

Please see our Workshop link, with lots of advice and support on your child's emotional health, returning to school and more:

<http://ow.ly/U01750KHYQk>

Ways to contact us:

Our school nurse duty number is:
0300 123 7572 (Mon-Fri 9am-5pm)

Our website has information about our service:

www.hct.nhs.uk/our-services/school-nursing

HEALTH FOR TEENS

www.healthforteens.co.uk

A great website, with information and advice for young people aged 11-19.

Referrals

We offer advice and support to children and young people attending Hertfordshire mainstream schools, their parents/carers and schools.

The following areas are suitable topics which we can help with:

- Advice and information for general health issues
- Low level emotional and mental health issues; including self esteem, anxiety, low mood, anger
- Sleep
- Healthy eating and diet management
- Wetting/Soiling & Constipation

For more information please contact our school nurse duty line, or find further professional information on the FCS website with this link:

<http://ow.ly/AWoG50KHZGg>

Topic of the Term: Sleep

Sleep is especially important and helps development.

Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that young people need around 8.5-9 hours sleep at night?

Tips for better sleep:

- Plenty of fresh air and exercise during the day.
- Avoid electronics and devices at least one hour before bed.
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times.

Have a look at our website for more great advice:

www.healthforkids.co.uk

www.healthforteens.co.uk



Relaxation Exercise

Try out this 5,4,3,2,1 exercise to help aid relaxation in a difficult situation:

Exercise Five: 5,4,3,2,1

Work through the five senses to calm you in difficult or stressful situations



Look

What five things can you see? Say them out loud, for example, 'I see a phone', 'I can see a pen'

Listen

What four things can you hear? It could be birds singing outside or your parents talking



Feel

Pay attention your body and think about three things you can touch or feel. For example, 'I can feel a cold drink in my water bottle'

Smell

What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside



Taste

What one thing can you taste, or would love to taste right now? It could be something you're eating now or your favourite food

Take a deep breath

Notice what is around you right now and how different it is from the difficult or stressful situation

Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If you contact Chat Health after 5pm or on weekends and bank holidays, you will receive a bounce back message explaining where you can access support.

Not sure how to start off a conversation? Just say hello!



07480 635050

Did you know?

School nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice available for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



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)