



Hertfordshire  
Family Centre  
Service

**NHS**  
Hertfordshire Community  
NHS Trust

## School Nursing

Summer Term  
2023

# Public Health Nursing 5-19 Team Newsletter

### Ways to contact us

0300 123 7572  
(Mon-Fri 9am-5pm)

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

<http://ow.ly/eeWe50K11gW>

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/Qn9G50K117f>

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

A fun and interactive website for children to access health information, with also information for parents available.



### Top Tips

Children and young people are entitled to free regular dental and optician check ups and treatments. This includes orthodontic treatment if needed. If children are not yet registered with a dentist it is important to register as soon as possible. Please see the link below of dentists taking new patients currently.



[www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/](http://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/)

We see children aged 4-5 for an eye test in school. If there are any concerns we will refer to the children's eye service.

It is advised that children see a high street optician every 12-18 months.

### Q&A

**Q - What support can you offer my child?**

A - We can offer of support for emotional health and wellbeing (including anxiety, anger, self esteem and bereavement) and signposting to further services if required.

An app which can be used for children aged 7-12 with managing anxiety can be found here:

[Lumi Nova: Tales of Courage](#)

**Q - Can I refer my child to you?**

A - Parents and professionals can refer to us using the referral form on our website.

There is also more information on our referral criteria which can also be found on our website.

<https://www.hct.nhs.uk/service-details/-service/school-nursing-56>

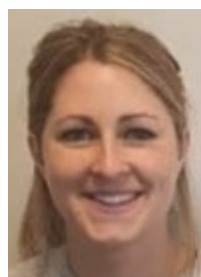
<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx>

### Who we are

Hi, I am Katie, a Specialist Community Public Health Nurse (SCPHN) who works in the School Nursing team.

My role is to provide a link between school, home and the community, offering a health-focused perspective to improve the health and wellbeing of children and young people. Working in public health allows me to work in partnership with other professionals, supporting vulnerable families and facilitate health-enhancing behaviours.

The SCPHN programme allowed me to appreciate the value of our role in promoting and protecting the public's health by promoting healthy lifestyles.



### Keeping safe in the community

Your child may be exposed to lots of different influences outside of home, for example their peers, friends, online activities and also in the community.

In most cases, these influences are very positive for a child and bring them opportunities to socialise, learn and thrive.

However, in some situations, some children may become involved in activities in their community that put them at risk of danger.

The best way to understand community risk and safety is to show an interest in what your child does when they are out of the home or online and creating a safe space for your children to talk to you about their experiences and how they feel.

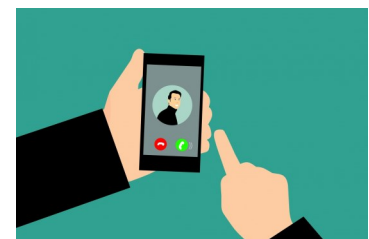
Conversations with your child can help to tip the balance towards your child being safer.

Please see link below for further information:

<http://ow.ly/nF2O50NWtTX>

### CWP Workshops

The Children's Wellbeing Practitioners (CWP) are pleased to offer the following workshops to parents and/or young people focused on emotional wellbeing and mental health.



Please see below website for up to date workshops:

[www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787](http://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787)



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## 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#](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)