



Public Health Nursing 5-19 Team Newsletter

Welcome!

As another term begins, the school nursing team continues to support young people in Hertfordshire Schools.

Ways to contact us:

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

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

Free workshops available for parents and young people to attend, regarding emotional health, returning to school & more:

<http://ow.ly/U01750KHYQk>

HEALTH FOR TEENS

www.healthforteens.co.uk

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

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 a young person contacts Chat Health after 5pm or on weekends and bank holidays, they will receive a bounce back message explaining where they can access support.

07480 635050



Vaping

Vaping is the inhaling of a vapor created by an electronic cigarette or other vaping device.

How does Vaping work?

E-cigarettes or vape pens heat a liquid until it becomes a vapor which is inhaled, sometimes the liquid contains nicotine.

What are the health effects of Vaping?

- Addiction – Vaping can become addictive, you do not have to vape every day to become addicted.
- Anxiety and depression – Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention.
- Becoming a smoker – people who vape are more likely to start smoking cigarettes.
- Sleep problems
- Lung damage

For further support please see the Health for Teens website:

www.healthforteens.co.uk/lifestyle/e-cigarettes

Or young people can contact our Chat Health service for advice and support.

Legal age limit for buying a vape is 18 years old.



Relaxation Exercise

Visualisation is a great technique to make a young person feel calm and relaxed.

Imagining you are somewhere else, like the beach or a theme park, may distract your thoughts and calm you quicker.



Top Tip

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

Internet Safety Top Tip

The 5 P's

Here are 5 top tips to help your young person stay safe online.

Passwords:

To protect their information, it is best to make sure they are strong - use letters, numbers and symbols that cannot be usually guessed by anyone.

Privacy settings:

Use the privacy settings on social media and apps to control who sees what information about them or their location.

Personal information:

Be careful they don't give out personal information like their name, email, phone number, address or the name of their school to people they don't know. Ensure this information is not visible.

Profiles:

Make sure someone can't work out too much about your young person from the information they include in their profile. Be aware that anything they post could be saved or shared by people in their friends list.

Padlock:

A padlock symbol in the browser address bar means a website is secure. Before they enter private information like payment or address details, check that it's there. If it's not, ensure they don't use the site.

Did you know?

School Nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice 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)