



Hertfordshire
**Family Centre
Service**

NHS
Hertfordshire Community
NHS Trust

School Nursing

Autumn 2023

Public Health Nursing 5-19 Team Newsletter

Welcome back!

We are looking forward to supporting lots of young people throughout the new school term.

How 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:TEENS

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

www.healthforteens.co.uk

Chat Health

Chat Health is an anonymous text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday. Young people can use this 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

A friendly school nurse will be on hand to support with anything you would like to talk about.



Sleep

Sleep is especially important and helps our 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?

Top tips to support you:

- 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

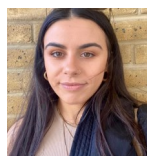
Have a look at our websites for more great advice:

www.healthforteens.co.uk



Meet The Team

Hello, I'm Shannon, a Children's Wellbeing Practitioner in the school nursing team.



We provide guided self-help support for 11-19 year olds.

Our interventions offer support to empower young people with tools for their emotional health.

You can access our services by using the school nurse referral form.

Mental Health Toolkit

Just like we have tools to do certain jobs, a mental health toolkit can support us when we're feeling anxious, low, or sad. It can be filled with the things that help us to feel calm. A small box that you can decorate or with a pattern/picture you like is great.

Some examples of things you might like in your tool kit:

- **Headphones:** lots of people find music a good way to relax
- **Journal/sketchpad:** to write down thoughts and feelings or draw/sketch how you feel.
- **Essential oils** to relax you such as lavender or orange to calm you and help lift your mood.
- **A favourite stuffed toy/animal**
- **Fidget toys** including spinners or cubes.
- **A photograph** of your favourite place.

You can put whatever you like in your toolkit.

Remember that we are here for you via our chat health service.

Did you know?

School Nursing is also on Instagram, Facebook and X/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



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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#>

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)