

Welcome back!

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

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/Qn9G50KI17f>

Ways to contact us:

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

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

<http://ow.ly/eeWe50KI1gW>

Chat health confidential text messaging service for 11-19 year olds:

07480 635050



Who we are

Hello, I'm Emily – a Healthy Child & Young person assistant. I support children who attend school in Hertfordshire to help their health and wellbeing.

I carry out hearing and vision screening for children in Reception and measure their height and weight for the National Child Measurement Programme (NCMP).

I also carry out height and weight for all children who are in Year 6 which works alongside the School Nurses when they complete The Lancaster Model Questionnaire.

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 primary school aged children should be getting on average 10-11 hours sleep at night and Young people need around 8.5-9 hours sleep at night?

Tips for a good night's 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 websites 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 during a difficult situation:

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

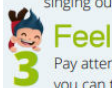
Work through the five senses to calm you in difficult or stressful situations



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



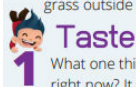
What four things can you hear? It could be birds singing outside or your parents talking



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'



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



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

The Lancaster Model Questionnaire

This term, our school nurses will be in schools delivering an online health questionnaire, called the Lancaster Model (TLM), to identify health needs of children, in line with national guidelines (The Healthy Child Programme). The questionnaire is designed for children to complete in Year 6 and enables us to capture and address the health needs of children as they grow.

The questionnaire will be completed by your child in school and asks questions that can impact on their health such as lifestyle and emotional wellbeing.

Members of the school nursing team will be present when the children complete the questionnaire so that we can support any children that may need assistance, or to offer support afterwards.

Letters to parents will be sent out via school in due course, and parents are able to withdraw consent if required.

There is further information about the Lancaster Model here:

<https://www.thelancastermodel.co.uk/>



The Lancaster Model

School entrance Screening & National Child Measurement Programme

All children in Reception have their height and weight measured and their vision and hearing checked.

Any results which may have an effect on your child's education (hearing or vision) will be shared with their class teacher.

Children may need to be referred on to specialist services for follow up.

Children have their height and weight measurement in Year 6, as part of the National Child Measurement Program (NCMP).





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)