Hertfordshire Family Centre Service

NHS Hertfordshire Community NHS Trust

Public Health School Nursing

Primary Newsletter

May 2026

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Welcome to your new-look newsletter

This newsletter is a way for the school nursing team to stay connected with parents, carers, and our wider school community.

Our aim is to share helpful health information, seasonal advice, updates on school health initiatives, and guidance to support the wellbeing of all children in our care.

Vaccinations

Vaccinations prevent millions of deaths worldwide and is the most important thing when it comes to protecting children's health.

Measle and mumps has started to reappear in England and vaccinating your child when due is important. However if you miss a vaccination, you can still catch-up.
Talk with your GP, health care provider or go to our East of England Community and School-Aged Immunisation Service webpage.

All vaccinations are thoroughly tested and there are very few people unable to have them. If you want more information the school health team can also advise.

Sleep

Children should be sleeping 9-11 hours a night. Here are a few tips to help with good sleep:

Bedtime routine: follow a pattern to help prepare for sleep.

- Calm play time.
- Bathing and cleaning teeth.
- Books and/or listening to soothing music.

Make sure the **environment** is cool, quiet and dark, with a comfortable bed and bedding.
Mindfulness, relaxation and exercise will all contribute to better mental health and quality sleep.

For more information go to The Sleep Council or Health for Kids websites.

Emotional health and wellbeing tip

Have a go at making a well-being box. This will have all the things that help when things are difficult.

Have a chat about what might help.

Things that make us feel safe and happy are good - Photos, keepsakes from trips, favourite teddy or toy. Items that make us feel calm, like a squeeze ball, a note pad to colour or write things down.

Give it a go!

Make a wellbeing box | NSPCC

Please see below our Children's Wellbeing Practitioner workshops, where you can get advice and support on your child's emotional health, returning to school, and more.

Support with toilet training

If you need support with getting your child dry, please see The Children's Bladder and Bowel charity (ERIC) or Bladder and Bowel UK

You can also contact the school nurses via the Chat Health Parent Line.

Chat Health Parent Line

We have a **Chat Health Parent Line** that parents can text into for advice and support for their child's health and wellbeing.

Parents can contact your school nurse on: **07312263002**

We are looking forward to hearing from you!

Chat Health Parent Line will run between 9am-5pm, Monday - Friday, excluding bank holidays.

Want to know more about us?

Websites

Hertfordshire Community NHS Trust - School Nursing

Find out information about our service.

Health for Kids

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

Social media

Instagram - @hct_schoolnursing, @teenhealth.hct

X (Twitter) - HCT_Schoolnurse

Facebook - HCT Schoolnursing

Contact numbers

School Nursing duty line – 0300 123 7572 (Monday -Friday 9am to 5pm)

Chat Health Parent Line – Parents can text this service for advice and support for your child's health and wellbeing. 07312263002 (Monday to Friday, 9am to 5pm, excluding bank holidays).