

# Public Health 5 – 19

# Newsletter

## Welcome to our very first Public Health 5 – 19 newsletter.

It has been a very busy and productive year for Public Health 5 - 19 service so we thought it was about time we let you all know what we have been up to, what we have been working on over the summer holidays and our plans for this academic year.

One of the most rewarding things about this last year has been the way so many schools have welcomed us in to tell us, not only about all the fantastic work they are already doing to promote a healthy lifestyle but how keen they are to do more!

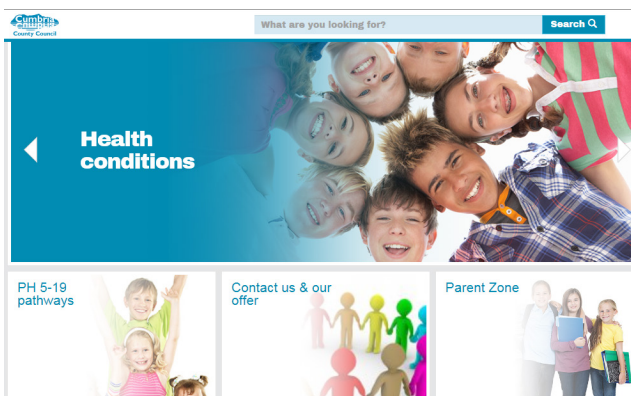
## So.... just in case you still haven't heard of the PH 5-19 team who are we?

We are a small but very enthusiastic team of 6 Public Health Nurse Practitioners, based in each locality to address the health and wellbeing of children aged 5 to 19 years.

Our service is aimed at lifestyle improvement, through maintaining and promoting mental, emotional and physical wellbeing. Our key priorities include healthy weight, emotional health, positive digital wellbeing and reducing risk taking behaviour. All of which impact on the health of children in Cumbria

## The team can offer FREE support, advice and training to anyone working with children.

You can find out so much more about who we are and what we do by checking out our website and Twitter. You will also find lots of resources to support children and young people's health. Our most recent exciting addition is our new "parent zone" where information can be found on childhood illnesses, healthy weight, digital wellbeing, mental health & risk taking behaviours.



[www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)



Follow us [@healthy5to19](https://twitter.com/healthy5to19)

## School Public Health Review

A huge thank you to all the schools in Furness and South Lakes that have completed their school public health review. We look forward to working with you all in this coming year.

### Furness Secondary Schools

Furness Academy  
Walney  
Dowdales  
Newbridge House  
George Hastwell  
Sandside Lodge

### Furness Primary Schools

Barrow Island  
Chetwynde  
Dalton St Mary's  
George Romney  
North Walney  
Ormsgill  
Sacred Heart  
South Walney Junior  
St Columbas  
St Pauls  
St Pius  
Victoria Juniors

### South Lakes Secondary Schools

Cartmel Priory  
Dallam  
John Ruskin  
Queen Elizabeth School, KI  
Settlebeck High School  
The Lakes

### South Lakes Primary Schools

Ambleside  
Arnside  
Beetham C Of E  
Burton Morewood  
Cartmel C Of E  
Castle Park  
Church Walk Primary School  
Coniston C Of E  
Croftlands Junior  
Crosscrake C Of E  
Crosthwaite  
Dean Barwick  
Dean Gibson Catholic  
Dent C Of E  
Flookburgh C Of E  
Ghyllside  
Heron Hill  
Holme  
Leven Valley C Of E  
Levens C Of E  
Lindale In Cartmel C Of E  
Milnthorpe Primary  
Old Hutton C Of E  
Penny Bridge  
Sedbergh Primary  
Selside Endowed  
St Mark's Ce, Natland  
St Martin & St Mary's  
St Oswalds  
St Thomas' C Of E  
Staveley C Of E  
Stramongate School  
Vicarage Park

If your school did not get round to booking a Public Health Review last year please get in touch with Yvonne Rowlinson or Donna Moore to arrange a date. Contact detail are on our website:

[www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)

# Helping to promote healthy children in our schools and communities

## Healthy Weight

We have been supporting our schools by promoting and delivering healthy lifestyle education to pupils and families. Using lots of resources available from Public Health England PHE School Zone and Change4Life, as well as our own healthy eating packs we have helped schools develop healthier tuckshops, promote healthy packed lunches and provide lots of support to ensure breakfast and after school clubs are providing children with healthy drinks and snacks.

Some school councils and their teachers have also worked hard with their Public Health Nurse to present the Healthier Snacking Show assembly to the rest of their school and parents. So much to learn about hidden sugars – see our spotlight feature at the end of this newsletter.

More schools are coming on board all the time to roll out this great primary age programme and we are looking forward to working with many more children and their families.



We keep learning too! Here's the team supporting and learning at the Cumbria Healthy Weight Summit



Our information boards have also proved popular at parent's evenings and school events.

Contact our service if you would like to borrow these for a school event or if you would like a Public Health Nurse to support a healthy lifestyle campaign in your school.

Resources, training and presentations available for school staff, parents and pupils. [www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)

## Mental Health

Unfortunately, our recent health and news headlines are telling us that too many of our children and young people are experiencing mental health problems. Recent statistics show that 20% of adolescents may experience a mental health problem in any given year and that 50% of mental health problems are established by 14 years old and 75% by 24 years old (Mental Health Foundation 2017). Therefore, it is so important that all of us who live or work with children are aware of the signs and where to get help.

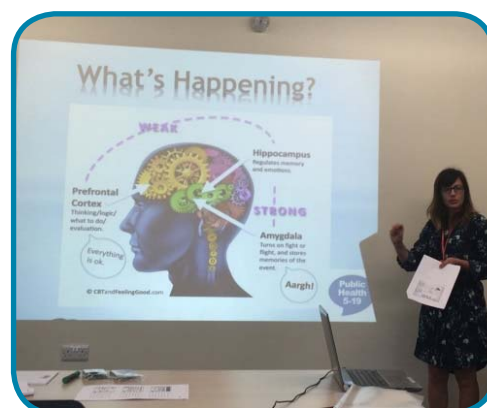
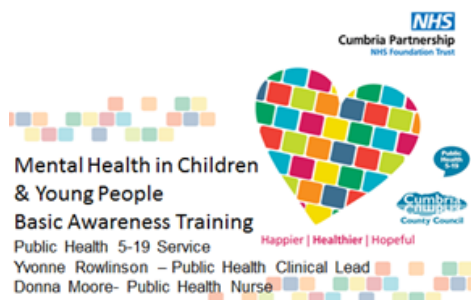
The Public Health 5 to 19 Service has been very industrious in developing a wide range of training that is not only easily accessible to schools i.e. we come to you, but also training that meets the needs of children, parents and staff. Our mental health training packages are practical, providing strategies and tools for self-help and to support children in distress.

We have also been working closely with many other organisations to ensure that the training and support we offer complements what is already available.

Teenagers ARE amazing and our basic mental health training has been particularly popular in raising awareness about the adolescent brain by not only identifying its development stage but also its huge potential.

Mental Health Training	Who's it for?
Basic Mental Health Awareness	Professionals
Anxious Child	Professionals
Building Resilience	Professionals and parents
Teenage Brain	Parents and children
Body Image	Children
Exam Stress	Children
Chill Skills	Professionals
Management of Eating Issues	Professionals

If you are interested in any of our training workshops and packages please email us. Details on our website [www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)



*Really excellent training...*  
Queen Elizabeth  
Grammar School

*It was a good combination  
of theory and practical help  
for supporting young people.*  
Cartmel Priory School

*Knowing the signs & symptoms  
and how to deal with them.  
Good classroom techniques!*  
Ambleside Primary

*"Have been given lots of ideas  
to cover in our groups e.g.  
Happy Wheel/Happy Box/Glitter  
Bottles..."*  
Armathwaite Community School

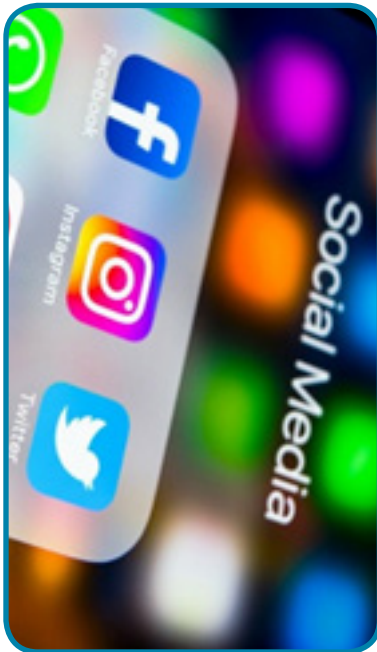
*Fantastic resources to help  
identify children with anxiety  
issues*  
Bridekirk and Dovenby

*Increased my knowledge of  
teenage brain and how it works,  
and given me new ideas on  
self help strategies and the  
NAIL IT resource will be useful.*  
Oughterside



## Digital Wellbeing

With recent findings that over half of children use social media by the age of 11 years old, our Digital Parenting workshops have proved popular with our primary school parents. Secondary workshops are in development as well as the PH 5-19 Service's tips to ensure children get their "Digital 5 a Day!"



**Websites**

www.childrensmilewest.gov.uk  
 www.actionforchildren.org.uk (National children's hour initiative)  
 www.internetmatters.org  
 www.safelincs.org.uk  
 www.parentzone.org.uk  
 www.npsf.org.uk  
 www.childrens.com  
 www.thinkuknow.co.uk  
 www.hopti.com

**What NOT to do?**

- Post embarrassing photos online of you or them!
- Post a selfie of their untidy room to shame them
- Use online slang incorrectly!
- Chat with your child's friends on social media
- Add too many hashtags #mumknowsbest #loveyou
- Give too many likes! Beware of your inner stalker!

**Digital 5 a Day**

By incorporating the Digital 5 a Day into your parenting role you will not only keep your children safe but provide them with the best opportunity to grow into resilient young people who are able to take advantage of the best things the digital world has to offer.

**Find the Balance**

Technology is part of our lives but it is important to maintain a balance with other activities and quality family time.

**Public Health 5-19 Service**  
 A team of specialist nurses working with schools to meet Cumbria's public health priorities

Public Health 5-19 | NHS | Cumbria Partnership NHS Foundation Trust | Cumbria County Council

Public Health 5-19 | Public Health 5-19 Service

**Digital 5 a Day**

www.cumbria.gov.uk/ph5to19

**Body Image & Confident Me!**

**Self Confidence**

There are lots of websites out there to help too:

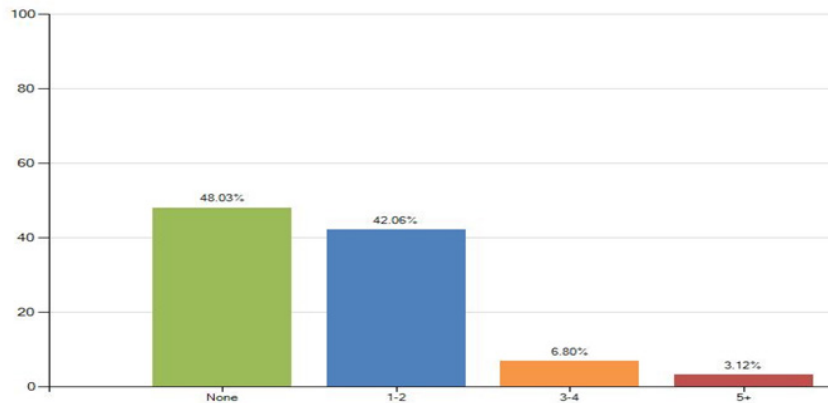
- www.childnet.com
- www.internetmatters.org
- www.parentzone.org.uk
- www.thinkuknow.co.uk
- www.cumbria.gov.uk/ph5to19

## School Public Health Pupil Surveys

Lots of schools took the opportunity to learn more about their pupils health needs by taking part in our public health surveys. Here are some of the results. Full locality reports can be found on our website [www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)

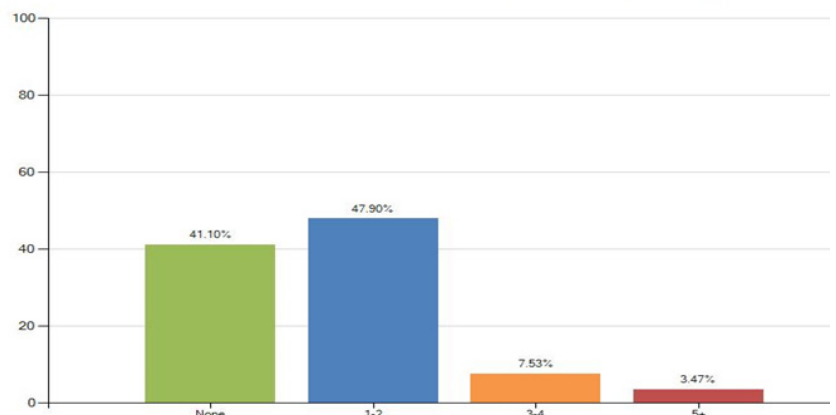
### Year 5

Q. How many carbonated (fizzy) drinks do you have on a normal day?  
(1089 responses)



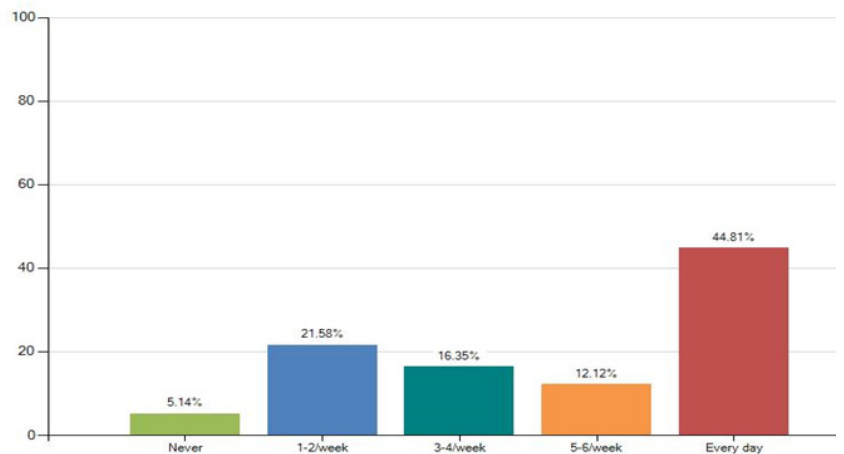
### Year 9

Q. How many carbonated (fizzy) drinks do you have on a normal day?  
(1089 responses)



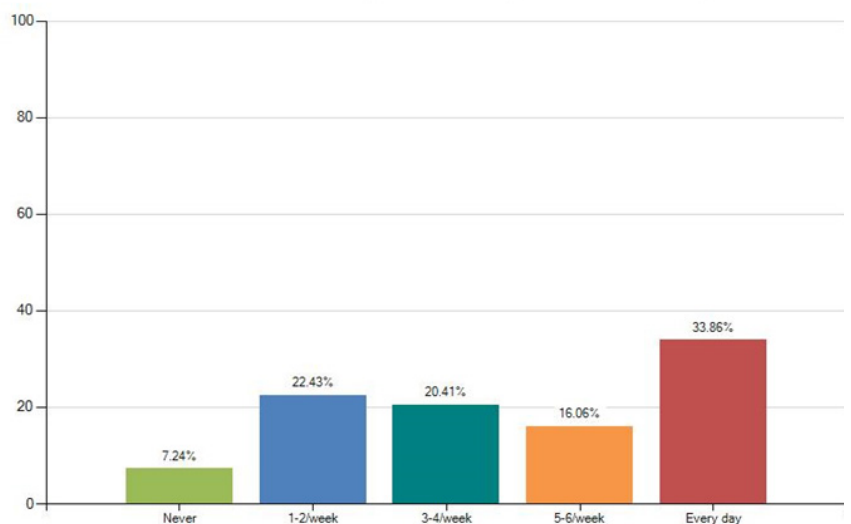
### Year 5

Q. Do you take part in 60 minutes active play or exercise every day  
(This can include if you walk, cycle or scoot to and from school (1089 responses)



### Year 9

Q. Do you take part in 60 minutes active play or exercise every day  
(This can include if you walk, cycle or scoot to and from school (691 responses)



## Spotlight on Sugar!

- Kids are having nearly 3 times more sugar than they should!
- Half of this sugar intake is from soft drinks and unhealthy snacks.
- Too much sugar can lead to the build-up of harmful fats on the inside that we can't see. This fat around vital organs can cause obesity and serious diseases in the future.

Our public health surveys tell us that 51% of children aged 9-10 years are drinking at least one fizzy drink every day rising to 59% for children aged 13-14yrs. It's time to get "Sugar Smart"



5.8 cubes  
(23g in 500ml)



6.5 cubes  
(26g in 300ml)



9.5 cubes  
(38.4g in 400ml)



13.8 cubes  
(55g in 500ml)

### And don't forget those hidden sugars!



**Find the sugar with our Sugar Smart app**




1. Download the Change4Life Sugar Smart app for free from the App Store or Google Play
2. Scan the foods in your fridge, cupboard and when you shop
3. See for yourself the amount of total sugar in everyday food and drinks





**What's the maximum daily amount of sugar we can have?**



1 cube = 4 grams of sugar

### Top Tips

Cola/fruit juice	SWAP FOR	water based drinks and milk.
Sugary cereals	SWAP FOR	plain cereal or porridge
Sugary yoghurt	SWAP FOR	plain yoghurt & fruit
Biscuits	SWAP FOR	rice cakes
Sweet desserts	SWAP FOR	sugar free jelly

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

School Food Standards (2016) recommends no more than 6.3 gram/day in Primary schools and no more than 7.5 gram/day in secondary school.