

Public Health 5 – 19

Issue 1 November 2018

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!

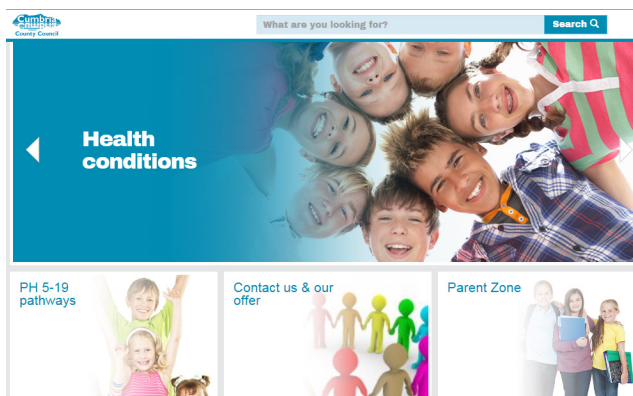
So.... just in case you still haven't heard of the PH 5-19 team who are we?

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



Follow us [@healthy5to19](https://twitter.com/Healthy5to19)

School Public Health Review

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

Carlisle Primary

Gilford centre
Houghton C of E School
Pennine Way Primary School
Upperby
Kirkbampton C of E School
Brook Street School
Great Corby Primary School
Hallbankgate Village School
Hayton C of E Primary School
James Rennie School
Kingmoor Infant School
Kingmoor Junior School
Longtown Primary School
Newlaithes Infant School
Newlaithes Junior school
Petteril Bank School
Yewdale School

Eden Primary

Nenthead Primary School
Brunswick School
Crosby Ravensworth C of E School
Ivegill C of E School
Long Marton Community Primary School
Lowther Endowed School
Morland Area C of E Primary School
Plumpton School
Shap Endowed C of E School
Warcop CE Primary School
Patterdale C of E School
Tebay Community Primary School
Yanwath Primary School
Asby Endowed School
Greystoke School

Carlisle Secondary

Caldew
Trinity
William Howard
Richard Rose Central Academy

Eden Secondary

Kirkby Stephen Grammar School
Queen Elizabeth Grammar School
Samuel Kings School, Alston

If your school did not get round to booking a Public Health Review last year please get in touch with Sara Gurney or Sam Fell to arrange a date. Contact detail are on our website:

www.cumbria.gov.uk/ph5to19

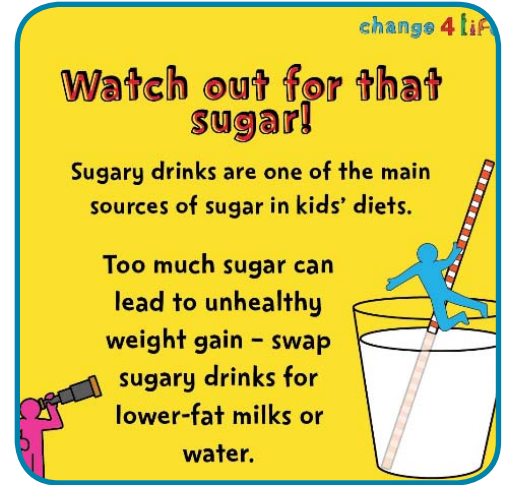
Helping to promote healthy children in our schools and communities

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

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.

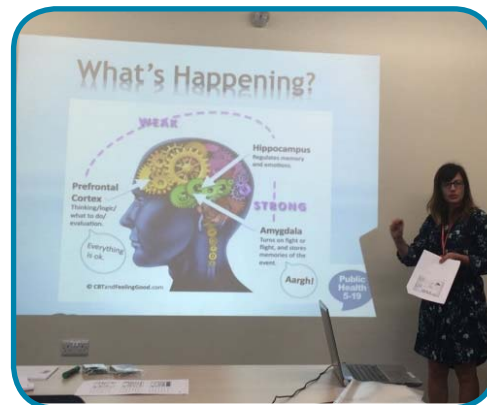
The Public Health 5 to 19 Service has been very industrious in developing a wide range of training that is not only easily accessible to schools i.e. we come to you, but also training that meets the needs of children, parents and staff. Our mental health training packages are practical, providing strategies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



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

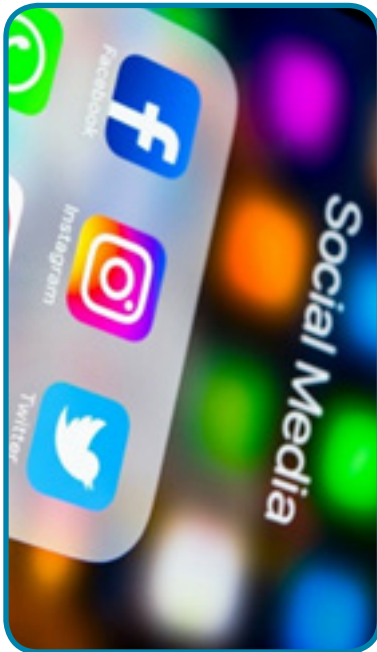
*"Have been given lots of ideas
to cover in our groups e.g.
Happy Wheel/Happy Box/Glitter
Bottles..."*
Armathwaite Community School

*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:

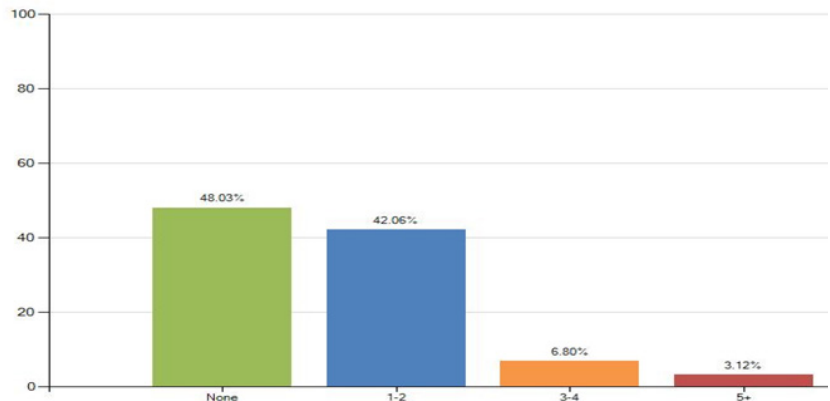
- www.childnet.com
- www.internetmatters.org
- www.parentzone.org.uk
- www.thinkuknow.co.uk
- www.cumbria.gov.uk/ph5to19

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

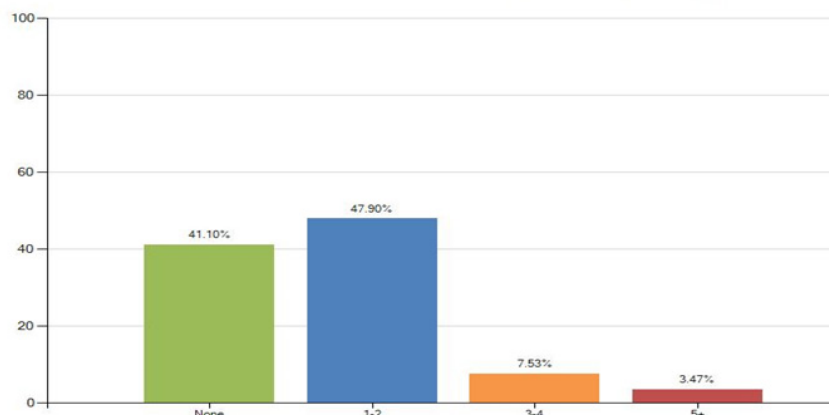
Year 5

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



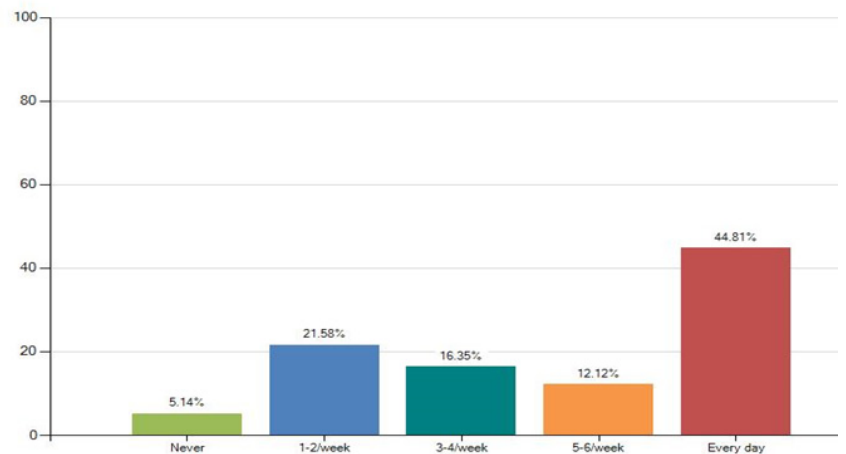
Year 9

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



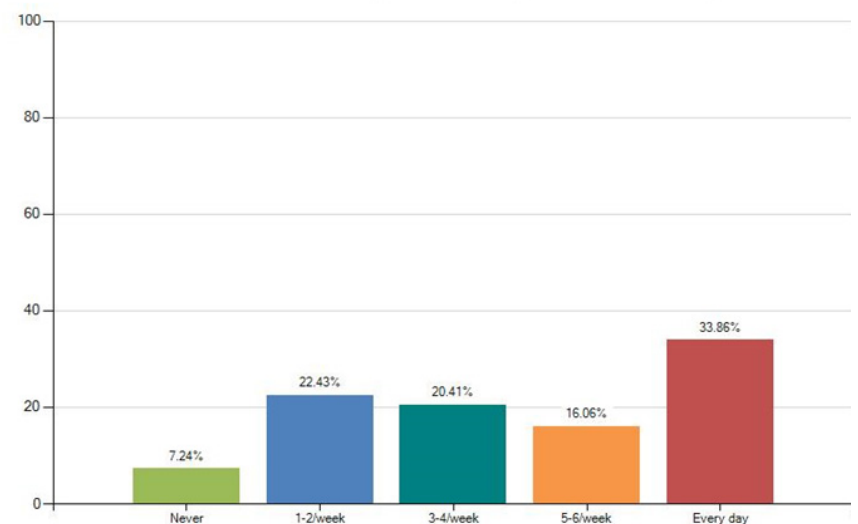
Year 5

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

Download on the App Store | ANDROID APP ON Google play

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

4-6 years: 5 sugar cubes max or 19 grams

7-10 years: 6 sugar cubes max or 24 grams

From 11 years: 7 sugar cubes max or 30 grams

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.