



Welcome to our thirteen edition of the School Health newsletter, the first of the new academic year. The hot topic this issue is hydration.

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



School Nurses provide holistic assessment of the health and wellbeing needs of children and young people. Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The offer to schools from the 0-19 public health nursing service is responsive to the needs of the children, young people and their families. The 0-5 age group are predominately supported by our Health Visiting service, whilst the 5-19 age group are supported by Specialist Public Health School Nurses.

The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.

We can support children and young people aged 5-19 who need additional support around the following areas.

- | | |
|---------------------------------------|---------------------------|
| Enuresis (bed wetting), | Sexual health |
| Encopresis (child pooing their pants) | Body image worries |
| Diet and nutrition | Physical health concerns |
| Behaviour | Eating disorders |
| Sleep | Drug and alcohol support |
| Emotional wellbeing | Relationship difficulties |
| Managing minor illness | Bullying |
| Weight management | Stress management |
| | Parenting |

The 0-19 Integrated Public Health Nursing Service is available

8.30am-5.00pm Monday to Friday

Tel: 01482 336634/344301 Text: 'school nurse' to 61825

email: hull.cypcommunityservices@nhs.net

Hot Topic: Hydration



Staying hydrated is very important and can help to keep you fit and healthy

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.

It is important to drink regularly and have plenty of fluids. Drinking water helps improve concentration, assists with digestion of food and the absorption of nutrients from food.

Low levels of fluid in the body can cause feelings of dizziness, poor concentration, headaches, dry mouth and lethargy.

Recommended fluid intake:

| | | |
|-------------|-----------------|--|
| 4-8 years | Male and Female | 1000-1400mls 5-7 drinks of 200mls |
| 9-13 years | Male | 1400-2300mls 7-12 drinks of 200mls |
| | Female | 1200-2100mls 6-11 drinks of 200mls |
| 14-18 years | Male | 2100-3200mls 11-17 drinks of 200mls |
| | Female | 1400-2500mls 7-13 drinks of 200mls |

Take a look at the colour chart and see how hydrated you are. The colour of your urine (wee) can indicate dehydration.

| | |
|---|---------------------|
| 1 | Good |
| 2 | Good |
| 3 | Fair |
| 4 | Dehydrated |
| 5 | Dehydrated |
| 6 | Very dehydrated |
| 7 | Severely dehydrated |

1, 2, 3 = Healthy wee

Over 4 = Drink more

Dehydration can cause constipation and can be associated with enuresis (bed wetting) and urinary tract infections.

<https://www.nhs.uk/live-well/eat-well/water-drinks->

