

PUBLIC HEALTH HEALTH NEWS FOR SCHOOLS



IN THIS ISSUE:

- **Public Health Nurses**
- **Year 7 Combined Vaccination Programme**
- **Immunise Against HPV**
- **Boostrix Vaccination**
- **SwimSafe: Keeping Kids Safe in Water**
- **World Oral Health day 2023**
- **Child and Adolescent Dental Service**
- **Be SunSmart**
- **Child Cycling Safety**
- **Tips for a Healthy School Lunch**
- **Recipe: Weet-bix Energy Bars**

Hello – Kia Ora Koutou – Mālō e Lelei – Talofa Lava – Ni Hao

Welcome back to a new school year and to the first edition of the Public Health – Health News for Schools in 2023.

The purpose of this newsletter is to provide your school community with up-to-date health news.

Please feel free to share this information and to use any articles of interest.

If you would like copies of any specific information included in this newsletter feel free to contact me by emailing kirsty.russell@midcentraldhb.govt.nz

PUBLIC HEALTH NURSES

The School Public Health Nurse Service continues to be readily available to you via the 0800 153 042 or schoolhlth@midcentraldhb.govt.nz.

Public Health Nurses are registered nurses who are available to discuss any concerns about child health, growth and development. They can also assess and refer to specialist services if required.

This service is FREE and accessible to students, parents and the school community across our rohe in Horowhenua, Palmerston North, Tararua, Ōtaki and Manawatū.

If you are concerned about your child and wish to speak to a Public Health Nurse, call 0800 153 042 to arrange an appointment, or send a referral through to schoolhlth@midcentraldhb.govt.nz

Alternatively, contact your own family doctor or Healthline on 0800 611 116.

*Health and wellbeing information for primary school
education staff, parents, caregivers and whānau*



THE YEAR 7 PROGRAMME 2023: COMBINED VACCINATION PROGRAMME

This year we will be offering Tdap and HPV to the Year 7 students. These students will receive two vaccines on the same day in Term 1 or Term 2.

Students will receive their second Dose of HPV 26 weeks later in the second round of vaccinations.

The consent form will be making its way home with your children in the very near future. Please read the information available and if you decide to consent, return the signed consent to school.

IMMUNISE AGAINST HPV

The HPV vaccine, Gardasil 9 will be offered to all participating school students in Year 7 and 8.

The HPV vaccine is given by injection in the upper arm – by two injections – six months apart for those aged 14 and under. Administering the HPV immunisation at a young age promotes a stronger immune response to protect against infection.

The aim of the vaccine is to protect young people from HPV infection. A HPV infection can risk developing cervical cancer and a range of other HPV diseases later in life for both men and women.

HPV causes cancers in both men and women.



BOOSTRIX IMMUNISATION

All Year 7 students are offered the free Boostrix vaccine at school. This vaccine helps protect tamariki against tetanus, diphtheria and whooping cough.

The consent form will be making its way home with your children in the very near future. Please read the information available and if you decide to consent, return the signed consent form.

Some more information around tetanus, diphtheria and Whooping cough.

TETANUS

This disease can enter the body through a cut or a graze and causes muscles to stiffen and spasm. In some cases, it may affect the breathing muscles.

DIPHTHERIA


This disease affects the throat, making it hard to breathe and swallow. It may also affect the nerves, muscles, heart and skin.

WHOOPING COUGH (PERTUSSIS)

This disease damages the breathing tubes. Children who develop whooping cough may experience vomiting, regular coughing and experience difficulty breathing, especially when they cough.

 **Year 7
immunisation**
Boostrix – an immunisation to boost your child's protection against tetanus, diphtheria and whooping cough (pertussis)

Parent Consent Form Please sign and return the form to school.



immunise
their best protection

[हिन्दी](#) [繁體中文](#) [COOK ISLANDS MĀORI](#) [SAMI](#) [TONGAN](#) [MĀORI](#) [ENGLISH](#)

SWIMSAFE – KEEPING KIDS SAFE IN THE WATER

Kids need constant supervision around water. Young children are especially at risk – they can drown in less than two inches of water. That means drowning can happen where you'd least expect it.

Don't assume that a child who knows how to swim isn't at risk for drowning. All kids need to be supervised in the water, no matter what their swimming skills. And infants, toddlers and weak swimmers should have an adult swimmer within arm's reach to provide "touch supervision."

Invest in proper-fitting, approved flotation devices (life vests) and have kids wear them whenever near water. Check the weight and size recommendations on the label, then have your child try it on to make sure it fits snugly.

Supervise your kids at all times. Don't assume that just because your child took swimming lessons or is using a flotation device that there's no drowning risk. Seconds count when it comes to water emergencies.

Kids shouldn't run or push around water and should never dive in areas that are not marked for diving. Keep water safety a priority, even after the swim season is over.

Below are websites with various resources, statistics and information for parents regarding SwimSafe and drowning risks.

www.kidshealth.org.nz/water-safety

media.starship.org.nz/download-drowning-reference-card/0061_ReferenceCard_A4_Drowning_3.0.pdf



WORLD ORAL HEALTH DAY 2023

March 20th, 2023 is World Oral Health Day. The Campaign for 2021–2023 is "Be Proud of Your Mouth". Previous themes in 2021 and 2022 highlighted why a healthy mouth is important for overall health and how a healthy mouth is important for our happiness and wellbeing.

The theme for 2023 focuses on the importance of caring for your mouth at every stage of life.

If your school wants to be involved this year there are classroom resources and activities at www.worldoralhealthday.org/

CHILD AND ADOLESCENT DENTAL SERVICE

The Child and Adolescent Oral Health Service provides quality dental care for all children and adolescents in the MidCentral region. Dental appointments are **FREE** until your child turns 18. To book an appointment contact **0800 825 583 (0800 TALK TEETH)**.

Looking after your child's smile begins with following early oral health habits.

TIPS TO KEEP YOUR CHILD'S BEAUTIFUL SMILE:

- Brush teeth twice a day with fluoride toothpaste
- Help your children with teeth brushing until they are about eight years old
- Use a soft bristle brush when brushing their teeth
- Choose health-friendly snacks such as pieces of cheese or raw vegetables instead of biscuits
- Give milk or water to drink – cordial, fruit juice and fizzy are bad for their teeth.

BE PROUD OF YOUR MOUTH

Look after your oral health for a lifetime of smiles



World Oral Health Day
GET INVOLVED ON 20 MARCH
worldoralhealthday.org



BE SUNSMART

In New Zealand, we are lucky to have clear skies and little pollution, but that contributes to very high levels of UV radiation in our environment.

Our weather is also changeable – a rainy morning may mean we might leave the house without the sun protection we need if the sun comes out later. And even if the sun doesn't come out, and temperatures stay low, UV radiation levels can still be high enough to cause sunburn. You need to be careful when it's cool (and/or cloudy) outside. When it's cool it means there's less infrared radiation but not necessarily less UV radiation. You can still get sunburnt on cool and cloudy days.

THE SUN SENDS OUT DIFFERENT TYPES OF RADIATION:

- Sunlight (that you can see and feel as heat)
- Infrared radiation (that you can feel as heat)
- UV radiation (that you cannot see or feel).

Slip, Slop, Slap and Wrap – Protect your skin and eyes from the sun's damaging rays (UV radiation).

Slip on clothing – Slip on clothing that covers as much skin as possible such as a top with collar and long sleeves, trousers or long shorts or skirts. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

Slip into shade – Slip into the shade of a leafy tree, building or shade sail. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.

Slop on sunscreen – Slop on plenty of broad-spectrum, water-resistant sunscreen of at least SPF30. An average-sized adult needs a teaspoon of sunscreen for their head and neck, each limb and for the front and the back of the body. Apply 20 minutes before going outside and reapply every two hours, or after being in water or sweating.

Slap on a hat – Wear a hat with a wide brim or with flaps covering the ears and neck. More people are sunburnt on the face and neck than any other part of the body.

Wrap on sunglasses – Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.

CHILD CYCLING SAFETY

With summer here there are more opportunities for our young ones to be outside playing. Cycling is an important form of exercise, transportation and recreation for children in New Zealand, and for many children, learning to ride a bicycle is an important part of their play and development. However, cycling-related injuries are one of the top 10 causes of unintentional injury-related deaths for children in New Zealand.

Learn the **2-4-1** rule on how to wear a helmet correctly

- 2:** The helmet should be no more than two fingers above your eyebrow.
- 4:** Adjust the straps under your ears. They should form two 'Vs'.
- 1:** No more than one finger should fit over the chin strap.

BE SMART, BE SAFE, BE SEEN

Be Smart – Plan safe cycle routes with an adult.
The best riders are skilled riders.

Be Safe – No helmet, no bike.

Be Seen – Wear bright colours and use reflective gear.

For Drivers: Slow Down and look out for kids.

For more information go to www.safekids.nz



CHILD CYCLING INJURIES IN NZ: THE NUMBERS

- More than five children die from cycling-related injuries every year.
- At least one child a day is hospitalised from a cycling injury.
- Bicycle helmets reduce the risk of severe brain injury by as much as 85%.

TIPS FOR A HEALTHY SCHOOL LUNCH BOX

Preparing school lunches can be a challenge but seasonal fruit and vegetables can provide variety for a healthy lunch.

Children need lots of nutrients to help them concentrate in class and help them through the school day. Filling lunch boxes with pre-packaged food that is high in saturated fat, salt and sugar, is often the easy option.

To help maintain kids' energy levels during the day, lunch should consist of a variety of fruit and vegetables, whole grains, lean proteins, good fats and calcium-rich foods. Getting children involved by asking what they would like for lunch will help increase the likelihood of lunch boxes coming home empty.

HERE ARE A FEW TIPS FOR A HEALTHY LUNCH BOX:

Tip One: Cut fresh fruit into bite-sized pieces, add different fruit to create a fruit salad. Serve with a small tub of reduced fat yoghurt. For a savoury option, use baby carrots and cucumber sticks as dippers with a small container of hummus.

Tip Two: Wholemeal wraps or mini pita pockets with simple fillings add variety to lunches. Try adding avocado, grated carrot and marmite, cucumber, mint and low-fat cream cheese or lettuce and mashed hard-boiled egg.

Tip Three: Spread rice cakes with reduced fat cream cheese and top with a range of vegetables and fruit including carrot, celery, cucumber, cherry tomatoes, summer berries, sprouts and capsicum.

Tip Four: Finger food is a favourite with kids and mini frittatas fit the bill perfectly. Sauté grated carrot and chopped onion. Add to grated courgette or any other vegetable you need to use up and mix through whisked eggs. Pour the mixture into muffin tins and sprinkle with a little grated cheese. Bake until golden, cool and pack.

Tip Five: Lightly spread pita pockets with tomato paste and top with sliced mushrooms, capsicum and halved cherry tomatoes. Sprinkle with a little grated cheese. Bake in a hot oven until golden.

For more lunch box ideas, go to: www.5aday.co.nz

RECIPE: WEET-BIX ENERGY BARS

Weet-Bix Energy Bars are a great source of energy and a filling afternoon snack the kids can enjoy at the end of a busy school day.

Skill: Easy | **Prep time:** 15 mins | **Cook time:** 30 mins | **Servings:** 12

Ingredients:

- ¼ cup wholemeal flour or plain
- ½ tsp baking powder
- ¼ cup Weet-Bix, crushed
- ¼ cup rolled oats
- ¼ cup brown sugar
- 1¼ cups fruit and nut mix
- 1 egg
- ½ cup milk
- 2 tbs margarine, melted
- 2 tbs honey

Method:

1. Pre-heat oven to 170°C. Line a 20cm x 30cm tin with baking paper.
2. Combine flour, baking powder, Weet-Bix, oats, sugar and fruit and nut mix.
3. Mix together egg, milk, margarine and honey, then combine with dry ingredients. Press into prepared tin and bake for 25–30 minutes.
4. Cool, then cut into bars.



Please email any comments about the newsletter and ideas for future articles (including health and wellbeing initiatives your centre would like to share) to: Kirsty.russell@midcentraldhb.govt.nz. For any enquiries, please phone 0800 153 042. We are happy to provide you with information and answer any questions you have.

CONTACTS

Public Health Services

200 Broadway Avenue, Palmerston North
Phone: 0800 153 042

Health Protection Officers Health Promotion Advisors

200 Broadway Avenue, Palmerston North
Phone: 0800 153 042

Public Health Information Resource Centre Resources at Rata

Rata House, Community Health Village
Palmerston North Hospital

Phone: (06) 350 9110

E-mail: public.healthinfo@midcentraldhb.govt.nz

Public Health Nurses

Vision & Hearing Technicians
Health Information
Resource Centre

200 Broadway Avenue,
Palmerston North
Phone: 0800 153 042

Child & Adolescent Oral Health

Rimu House,
Community Health Village
Palmerston North Hospital
Phone: (06) 350 8619
or 0800 825 5833

QUOTE

**A well-educated
mind will always
have more
questions
than answers."**

– Helen Keller