



## UPDATE FROM YOUR PUBLIC HEALTH NURSE

Kia Ora. Happy New Year!! We hope you have had a great break and are looking forward to a great year in 2025!! Please feel free to share this newsletter with your teachers, staff and school community



HealthEd has the largest collection of prevention focused public health resources in Aotearoa. It provides you with free and up to date resources. These resources are used by health professionals and in education and community settings and all of them are available and free to the public. Check them out at: <https://healthed.govt.nz/>

### Whooping Cough (Pertussis)

Whooping cough is a highly infectious disease that is spread by coughing and sneezing. There has been an increasing number of whooping cough cases in New Zealand. This is highly contagious, and can be very serious for babies and children. Immunisation provides the best protection against whooping cough. This immunisation is free for children under 18, pregnant people and adults from 45 and 65 years old. Staff are encouraged to stay up to date with their immunisations, especially anyone who is pregnant



### Be Safe – Be Sun Smart

Being Sun Smart is about protecting your skin and eyes from harmful ultraviolet (UV) radiation. UV radiation levels can still be high on cool or cloudy days and can cause skin damage

- **Slip** on a shirt – a darker, close weave material offers the best protection
- **Slip** into the shade – use the shade of an umbrella or leafy tree
- **Slop** on sun cream (at least SPF 30) – apply 20 minutes before going outside and reapply every 2 hours
- **Slap** on a hat – your hat needs to protect your face, head, neck and ears, so choose a wide brim hat or a cap with flaps
- **Wrap** on sunglasses – not all sunglasses protect against UV radiation, so always check the label for sun protection rating



### Not registered with a GP?

Everyone in NZ should enrol with a general practice to get help with all their health needs. Your general practice should be your first point of contact for any health advice and care, unless it is an emergency. Click the link to find out what they do and how to enrol: <https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/>

## Anxiety

Anxiety is a normal human emotion and part of our fight and flight response to keep us safe. However some people find themselves worrying or feeling anxious so often that it interferes with normal daily life. Anxiety is ongoing, rather than just feeling stressed out for a short time.

Ways we can help:

- Teach kids to slow down and breathe deeply
- Teach our kids to ask for help
- Talk about having a safe adult or friend to talk to
- Take their mind off whatever is making them anxious
- Help children express sad or upsetting feelings
- Encourage and allow independence and success
- Teach healthy life styles that include a good diet, plenty of water, exercise and sleep

NEED TO TALK?

**1737**

free call or text  
any time



Places to find help:

- Your GP or doctor
- [www.thelowdown.co.nz](http://www.thelowdown.co.nz)
- [Depression.org.nz](http://Depression.org.nz)
- 0800 What's Up (24/7 help line for kids and teens)
- 1737 – Need to Talk, [1737.org.nz](http://1737.org.nz) (Ring, txt or email)



## Which toothpaste should you use?

The Ministry of Health recommends everyone use a fluoride toothpaste that contains at least 1000 parts per million (ppm) fluoride\* to help prevent tooth decay.

Children can often use the same fluoride toothpaste as adults so long as they use the correct amount for their age. Use a half-pea sized amount of toothpaste for 0-6 year olds, or less if they only have a few teeth, for everyone else, a pea-sized amount is sufficient.

**0-6 year olds:**  
Half-pea sized



**Over 6 year olds:**  
Pea sized



## Vision and Hearing

The Vision and Hearing Service run free clinics for vision, hearing and ear health. If you have any concerns about a student's hearing or vision the below poster offers advice on how they can access help and advice.



Hearing and vision  
poster.docx

## HPV (Human Papilloma Virus)

HPV vaccination is free for ages 9 to 26 years. Most schools provide this vaccination in Year 8. It is also available from your healthcare provider. For more information about HPV check out:

<https://info.health.nz/immunisations/vaccines-aotearoa/hpv-human-papillomavirus-vaccine>

*Immunise against*

**HPV CANCERS**

My contact details are below – please feel free to contact me



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