

Trafford School Nurses Newsletter for Primary Schools

Issue 8 - Sept. 2024



Hello and welcome!

Trafford School Health Team would like to welcome you to the eighth edition of our newsletter. The newsletter is issued each school term letting you know what our school nurse team will be doing each term and sharing some useful information. Find out more about our service by visiting our webpages at www.traffordco.org/school-nursing or scanning the QR code.



What we have done this term

Welcoming the new reception class

Welcome to our new families in reception. Sometimes it takes time to settle into a new school. If your child is finding it really difficult to settle, and you have spoken to the class teacher and there has been no improvement, please contact your school nursing team for support. You will also be able to find further help and support around school readiness by visiting Trafford's [Family Help](#) webpage.



Reception questionnaire

All parents/carers of reception aged children will be sent a school nursing letter and questionnaire. Please complete the questionnaire and return it to school.



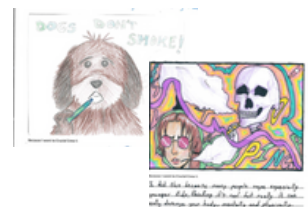
Handwashing session

We will be running a handwashing session with all of reception. This is the beginning of our health promotion around infection control.



Crucial Crew

We will be continuing to deliver a health promotion project with our year 6 pupils about the dangers of vaping. It has ran really well in previous years and we're looking to run it again.



Public Health messages

Rise in measles cases

There have been an increase in the number of children being diagnosed with measles nationally. We would therefore encourage parents to ensure that their child has received two doses of MMR vaccine. This gives children the best protection against this disease. Find out more at [nhs.uk](https://www.nhs.uk)
If your child has not received both doses, please contact your GP surgery.



National Flu Season

Shortly your child will be offered protection again flu. Intrahealth (not the School nursing service) will be contacting parents with information regarding these sessions in school.

Adjusting to back to school

Getting back into a school routine can be difficult for us all after a long summer break. Re-establishing routines, especially around sleep, can be difficult. Here are 4 top tips that might help:



1. Don't make the transition overnight – give yourself at least one week.

2. Reduce bedtime by 15 minutes each evening. It is recognised that children need between 9-12 hour of sleep each night.

3. Wind down 1 hour before bedtime. That means no TV or devices - the blue light they emit tells the brain it's daytime, making it harder to fall asleep and stay asleep.



4. Provide optimum sleep conditions – darkness means its time to sleep. Dark, quiet and cool room can help your child to fall to sleep at the right time.



If your child is having particular issues with sleeping, visit www.togethertrust.org.uk/sleep-tight-trafford for further support.

Our School Nursing Teams are always available to help you further.

School Nurse Contacts

- **North Trafford** (Stretford and Old Trafford) and West Trafford (Urmston, Flixton and Partington) School Nurse Teams – **0161 549 6290**
- **South Trafford** (Altrincham, Timperley and Hale) and Central Trafford (Sale and Sale Moor) School Nurse Teams – **0161 912 2340**



You can also find information on our services on our webpage:

- www.traffordlco.org/school-nursing



The SIX

GOLDEN RULES

for keeping your dog happy and safe

1

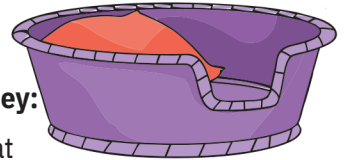
When you are with a dog, always have your parent/guardian close enough to hear and see you.

Listen to their instructions carefully, this will help keep you and the dog safe.

2

Leave dogs alone when they:

- Are eating or have a treat
- Have a toy or something else they really like
- Are sleeping
- Are unwell, injured, or tired
- Are blind or deaf.



3

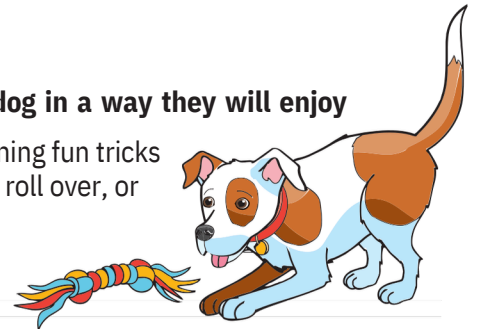
Be kind and polite to dogs.

Treat dogs with the same respect as other people – most people wouldn't like someone pulling their ears or climbing on them, so we don't want to do this to dogs.

4

Play with your dog in a way they will enjoy

it. Dogs love learning fun tricks like shake a paw, roll over, or play dead.



5

Along with your parent/guardian, learn the signs of an unhappy dog from the RSPCA's 'Understanding dog behaviour' pages, and leave unhappy dogs alone.

If your dog looks unhappy or your parent/guardian asks you to, stay where you are and let the dog go somewhere they will feel safe and happy.

6

Before meeting a dog, ask the owner and your parent/guardian if it's okay to say hello, and listen to how they want you to do that.

Stay where you are and let the dog approach you only if they want to. Some dogs may not want to say hello, we can leave them alone to keep them happy.

If there's no adult owner around to ask, leave the dog alone.

TOP TIP:

We all need a break sometimes, give your dog a cosy spot in a quiet room where they can have their own space. Everyone can then leave the dog alone when they're in their private spot.



**GENERATION
KIND**