

Trafford School Nurses Newsletter for Primary Schools

Issue 10 - April 2025



Hello and welcome!

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



What are we doing this term?

Puberty

All our year 5's (dependent on schools) will be offered a session on puberty. Parents will be informed by school when the session is due to take place.



Hearing and vision tests

In line with our universal school nursing offer, all reception children who have not been opted out of the school nursing service by their parents/carers will receive a hearing test and vision screen by the school health support worker. If any concerns are highlighted around your child's hearing or vision, the team will contact you directly.



What did we do last term?

People Who Help Us - we were invited by one of our schools to talk about nursing, as the pupils were learning about people who help us. We had great engagement from the pupils, and we love talking about our role!

Dental Hygiene - some of our schools invited us to talk about taking care of our teeth. We had great engagement, and the pupils really enjoyed it!

Crucial Crew - we shared the dangers of vaping. Pupils were amazing and very interested in discussing the impact vaping can have.



Public Health messages

Sleep

Sleep is an essential part of good health. If your child is struggling with sleep hygiene (getting good sleep), Trafford have a service called Trafford Sleep Services that can help. The service offers parental webinars to support parents with their child's sleep. Visit www.sleepandtherapyservices.co.uk for more information.



Free School Meals

Is your child eligible for free school meals? During these challenging times we encourage you to check if your child is eligible for free school meals. For more information, including how this is assessed and to complete the online form, visit www.trafford.gov.uk/contact-us/Free-school-meals.aspx



Keep safe in the sun

As summer is approaching, it's important to remember to keep our skin safe from the sun by wearing sunscreen and keeping in the shade when the sun is at it's highest. Remember, sunburn doesn't just happen on holiday. You can burn in the UK, even when it's cloudy. Please see the poster attached for more information about how to protect yourself from the sun.



Water safety

With the weather becoming warmer, it's important to remember to keep safe around large bodies of water. You can remind your child of four key messages:

1. **Always swim in a safe place**
2. **Always swim with supervision**
3. **If you fall in, float, breathe and relax**
4. **If you see someone in trouble, call 999**



For more information on water safety visit:

www.swimming.org/learntoswim/water-safety-code

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.**
- **Immunisation Team** – **0161 912 3395**



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

- www.traffordlco.org/school-nursing

How to choose a SUN SCREEN



Sunscreen is an important part of skin protection from the sun. Follow these tips to choose the right one for you and your family.



Use 6-8 teaspoons of sun screen to cover the body and reapply every 2 hours.



Choose an SPF rating of 30 or higher.

Choose a cream with UVA in a circle symbol and at least 4 stars.

Choose a water resistant cream but reapply after you've been in water.

Check the expiry date. This symbol means you can use it for 12 months from opening.

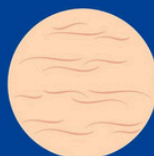
Find out more on the NHS website:



Why is sunscreen so important?



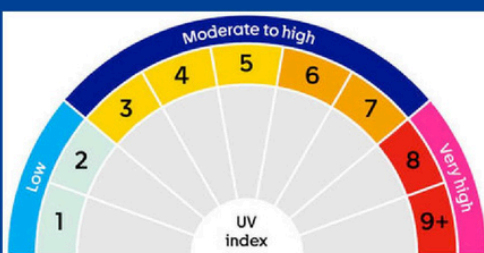
Sunscreen stops your skin getting burned in the sun.



Sunburn can lead to:

- Skin cancer
- Wrinkles and ageing of the skin.

Sunburn doesn't just happen on holiday. You can burn in the UK, even when it's cloudy.



Check the UV rating to find out if you should apply sunscreen. If there is UV 3 or higher think about using sunscreen. You can see UV rating on most weather apps.

Sunbeds can cause skin cancer. The UV radiation can damage the DNA in your skin cells. If you want a tan use fake tan from a bottle or a spray tan.



Find out more at [Skcin.org](https://www.skcin.org):



BE SAFE HAVE FUN!

If you are in and around the water
ALWAYS REMEMBER TO:

1

STOP AND THINK

2

STAY TOGETHER

3

FLOAT

4

CALL 999 OR 112

FIND MORE FUN
AND SAFETY TIPS AT
RNLI.org