

# Trafford School Nurses Newsletter for Primary Schools

Issue 12 - Dec. 2025



## Hello and welcome!

### **Hello, and welcome to the autumn term newsletter!**

Trafford School Health Team would like to welcome you to the twelfth 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. Scan the QR code to visit:

[www.traffordlco.org/school-nursing](http://www.traffordlco.org/school-nursing)



## What are we continuing this term?

### **National Child Measurement Programme**

It's that time of year again when reception parents will receive a letter informing them of the National Child Measurement Programme. Our healthy school's team will be delivering the programme from mid-February until mid-May. If you do not wish for your child to be involved in the programme information on how to opt out is in the letter you will receive.



### **School Nurse Drop-ins**

The school nurses are available at every primary school each term to discuss any health or wellbeing concerns you have. Ask your school for the date of the next one.

### **Public Health Dangers of Vaping Presentation**

Our healthy school's team have been delivering education around the impacts of vaping to year 6 pupils for schools that opted in. These sessions have been exploring the physical and environmental effects of vaping for young people. The sessions were well attended and the children engaged really well.



### **Hand Hygiene**

Our Healthy Schools Team have been running handwashing sessions with all of the reception classes. This has been to highlight the importance of handwashing to prevent illness and infection control.



# Public Health messages

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## Flu and the Flu vaccines

A flu outbreak can spread quickly, especially among children in schools. Getting your child vaccinated is one of the best ways to protect them and others from the flu. The flu vaccine helps reduce the risk of severe illness, missed school days, and complications like pneumonia. It also helps protect vulnerable people in your community, such as infants and the elderly. Make sure your child gets their flu vaccine every year to stay healthy and help stop the spread of the virus.



If you have any questions or queries about this, or any immunisation queries, please contact Intrahealth on 03333 583 397, press option 1 and then option 4. Alternatively, you can email them on [contactimms@intrahealth.co.uk](mailto:contactimms@intrahealth.co.uk)

## Mental Health

Time to Talk Day is the 6th February 2026 - It's a chance for all of us to be more open about our mental health and talk about how we really feel.

## Hot Water Bottles

Did you know that hot water bottles expire? Old water bottles can break and cause serious burns. There is an expiration date on every hot water bottle, that should be followed. We've included a poster with more information.



## World Religion Day

18th January 2026 is World Religion Day. Promoting unity and understanding among people of different faiths.

## Useful links

- [E-scooter Resources](#)
- [Keep children safe this Christmas - 6 simple safety tips](#)



# School Nurse Contacts

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**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](http://www.traffordlco.org/school-nursing)

# Hot Water Bottle Safety



1. Check the expiry date and replace every 2 years



2. Allow boiled water to cool



3. Fill to 2/3 (two thirds) full



4. Push out the air



5. Tighten the cap and cover

# Healthy Lifestyles

Tips from the Trafford School Nurses: Be your Best Self



## **Move Every Day**

- Get active for at least 30 minutes – dance, skate, walk, or play your favourite sport
- Find what you love and make it fun!



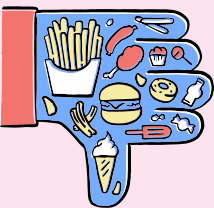
## **Fuel Your Body**

- Eat more colourful fruits and veggies – they power your day!
- Choose whole grains and protein to keep you going strong
- Cut back on sugary drinks and snacks to maintain energy levels



## **Sleep Like a Boss**

- Aim for 8–10 hours of sleep – your brain and body need it.
- Keep a chill bedtime routine – phones off, lights down.



## **Say No to Bad Stuff**

- Avoid smoking and vaping – they're not cool for your lungs
- Drink water to stay hydrated, not just energy drinks or fizzy pop



## **Look After Your Mind**

- Take time to relax and do things you enjoy
- Talk to friends, family, or someone you trust if you're stressed or worried
- Try breathing exercises or mindfulness apps to chill out

**Healthy Habits = More Energy, More Fun! You've got this!**

If you would like any support or further advice on how to lead a healthy lifestyle, please speak to your school nurse.