



St Hugh of Lincoln RC Primary School

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Monday 16th October

Dear Parents/Carers,

We can't believe we're already in the final week of the first half term. Although they do say, 'Time flies when you're having fun!'

Quiz Night

Thank-you to everyone who supported our quiz night on Friday, we raised a fantastic £1200 towards the school football team tour to Ireland.

Parents Evening

Just a reminder, this Thursday 19th October we are holding our Parents Evening from 4pm – 7pm. As with last year, each class teacher (Year 1 – Year 6) will be in the hall, where you can have a 5 minute chat with them about your child's progress. Please note, appointment times will not be given out. The children's books and any display work will be available to view in their classroom. Please don't bring your children with you as we have limited space in the hall and there will not be anyone available to supervise them in the playground, thank-you.

If your child is in Reception please make an appointment with Mrs Doherty or Mrs Birtles, your Parents Evening will take place in the Reception classrooms. Mrs Jackson (SENCO) will also be available in the hall, if you wish to speak to her. Trafford School Nurses and Trafford Teams Together will also be represented in the hall, if you wish to have a chat with either.

Halloween Disco

This Friday 20th October, we are holding our Halloween Discos. Tickets are available from the office £3 per child or £5 per family (cash only)

EYFS/KS1: 4pm – 5.15pm

KS2: 5.30pm – 6.45pm



Own Clothes Day

We are having an 'Own Clothes Day' this Friday 20th October. We are asking the children to bring in a bottle for the Tombola at the Christmas Fair in return for wearing their own clothes.

Black History Month

We are also asking the children to wear black, red, green and yellow on the first day back after the half term, Monday 30th October. This is to celebrate Black History Month.

Trafford School Nurses Newsletter

Please find attached a newsletter from Trafford School Nurses. This newsletter is issued each term and gives parents and carers useful information about the service.

Informing School of Your Child's Absence

If your child is absent, please inform school either by phone call or email. We no longer have a text message service available.

Have a great week!

Kind regards,

Mr Smith and Mrs Atherton

Trafford School Nurses Newsletter for Primary Schools

Issue 4 - September 2023



Hello and welcome

Trafford School Health Team would like to welcome you to the fourth 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 on our [webpage](#).



What we're doing this term

Welcoming the new reception class

Welcome to our new families in reception. Sometimes it takes time to settle into a new school. Visit familylives.org for some helpful tips. If your child is finding it really difficult to settle, please contact your school nursing team for support.



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

Last term we ran a health promotion project with our year 6 pupils about the dangers of vaping. It went really well and we're looking to run it again. Here are some of the great posters they made.



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**

Public Health messages for this term

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 www.nhs.uk



If your child has not received both doses, please contact your GP surgery.

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.



Silvercloud for parents carers

Silvercloud is a free digital CBT programme available to all Trafford parents/carers. Sign up at: gm.silvercloudhealth.com/signup

Tell us what you think

The NHS, Council and local services have been listening to what has been said and are continuing to make some changes to improve services. You asked us to keep you updated and so each year but we also want to know what you think.

Please [follow this link](#) to take the survey. It is anonymous and should only take 10-15 minutes. Whether you are a child, parent/carer or professional, we would really appreciate your input.

