

# Trafford School Nurses Newsletter for Primary Schools

Issue 5 - January 2024



## Hello and happy new year!

**Trafford School Health Team would like to welcome you to the fifth 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

### Crucial Crew share the dangers of vaping

The second round of Crucial Crew for this academic year will be delivered from 15th to 30th January 2024. This is a health promotion project with our year 6 pupils about the dangers of vaping. We had positive feedback the last time and we're looking to run it again. Here are some of the great posters that were made from the last sessions.



### Hearing tests and vision screening

Hearing tests and vision screening for our reception children will be continuing throughout the rest of the term (this does not include children whose parents have opted out). Hearing tests will be completed by our healthy schools team and vision screening by the orthoptist.



If you have opted out of the school health service and would like to opt back in please contact our administration team on **0161 912 3395**.

### National Child Measurement Programme

It's that time of year again when reception and year 6 parents will receive a letter informing them of the National Child Measurement Programme. Our healthy schools 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.



# 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](http://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 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 hours 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](http://www.togethertrust.org.uk/sleep-tight-trafford) for further support.



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

## A healthy start to the new year

Start the New Year off in the best way with healthy eating and being more active. The NHS website has handy tips to get you started: [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)



## The Bread and Butter Thing

The Bread and Butter Thing is mobile food club which makes life more affordable for people on low incomes, build stronger communities and reduce food waste. Visit: [www.breadandbutterthing.org](http://www.breadandbutterthing.org) for more information about your local service.



## 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**
- School Health Administration Team - **0161 912 3395**