

Trafford School Nurses Newsletter for Secondary School

Issue 3 - July 2023



Hello and welcome

Hello and welcome Trafford School Health Team would like to welcome you to the third 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.



Scan the QR code to visit
our Service Webpage

What's happening this term?

Immunisations

Our secondary school vaccination sessions will be completed by the 18th July in all Trafford secondary schools. The programme has been a success and our we would like to thank schools for their support with these sessions running smoothly. This year we started to use e-consent forms for immunisation consent. Paper consents will still be available for parents if required.

If you have a child in year 8 or year 9 and you think they may have missed their school vaccines this academic year, please contact your school nursing team. They will be able to check and tell you about the immunisation catch up clinics over the summer holidays.

Trafford School Nurses will be catching up with any Year 8 to 11 pupils who are outstanding MMR vaccines from September 2023. This is due to a significant increase in local cases of measles.

Drop-in sessions

We've been running monthly secondary school drop-in sessions this term. Your school will have the dates for your drop-in sessions next term.

School Nurse Contacts

- **Trafford North School Nurses** (Stretford and Old Trafford) - 0161 912 5179
- **Trafford Central School Nurses** (Sale and Sale Moor) - 0161 912 3395
- **Trafford West School Nurses** (Urmston, Flixton and Partington) - 0161 549 6290
- **Trafford South School Nurses** (Altrincham, Timperley and Hale) - 0161 912 2340

Public Health messages

Sexual exploitation

Sexual exploitation is on the increase nationally and we want to be able to support the young people of Trafford in identifying, understanding and managing the risks associated with this. The website itsnotokay.co.uk provides information for parents and carers about supporting young people at risk.

Report child sexual exploitation to the police by dialling 101.

If you or a young person is in immediate danger, dial 999.



Vaping

Nationally we are seeing an increase in young people vaping. The School Health Team provide education about vaping: we discuss the law, the short and long term effects and also the unknown affects of vaping. While vaping can help people quit smoking, it is important that non-smokers are not encouraged to start vaping. Vapes are not allowed in schools across Trafford. If you are aware of a young person struggling with this issue please contact your school nurse.



Water Safety

Whilst we wish you a happy and fun summer we would like to stress the importance of increased awareness to all young people around the dangers of swimming in open water. There were 277 accidental drownings in the UK in 2021. 62% of these happened at inland waters and 83% of these were male.

For more information, visit: canalrivertrust.org.uk



Silvercloud for parents carers

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

Summer holiday food support

You may be eligible for the free school meals holiday award. Between 11th July and 24th July you can check your eligibility and apply here:

Trafford.gov.uk/residents/schools/trafford-catering/Free-school-meals-holiday-award.aspx



We're still here to support you this summer

Please note that when school closes for the summer Trafford School Nursing Service is still available to support the health needs of your young people throughout the holidays.

Tell us what you think

The NHS, Council and local services are continuing to make changes to improve services based on your feedback. Please scan the QR code to let us know what you think. 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.



Anonymous drugs survey

This GMTRENDS survey wants to know about new and emerging drugs that are being used, or experimented with in Greater Manchester. This will help inform the design of services, provide up to date education and improve support for young people and their families. Please scan the QR code to fill in the survey.

