

# Trafford School Nurses Newsletter for Secondary Schools



## Hello and welcome to summer term!

**Trafford School Health Team would like to welcome you to the sixth 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](#) [click to open].



## News from last term

### Skincare advice proves a hit with pupils

Our lovely student nurses have been into one of our High Schools to discuss skincare linking this in to body confidence. The session was well received by all the young people. Well done to our lovely students Neve and Imogen.

- **The Dove self esteem project has some useful tips on skincare**  
[www.dove.com/us/en/dove-self-esteem-project.html](http://www.dove.com/us/en/dove-self-esteem-project.html)



### Emotional and mental health wellbeing sessions

Our School Nursing Team have delivered Emotional and Mental Health sessions in one of our High Schools. The stand was received well and the young people enjoyed learning about how they can access support. Access information [here](#) in the [Trafford Directory](#) or you can contact your school nurse for support at any time.



## What's happening this term?

### Our pupil drop in sessions continue

Our routine immunisation programme is coming to an end for this academic year. Any young person who remains outstanding a vaccine and we have consent, we will continue to offer catch up sessions in schools and clinics across the borough. Following the Easter break, parents of pupils where no consent has been obtained, will be contacted again and offered the outstanding vaccination.



### Alcohol awareness

With increasing incidents relating to the misuse of alcohol in our young teens our school nursing team are working hard in completing some information for our young people around alcohol use. This will be offered to all our high schools across the borough. We are planning to work with our partner agencies to ensure all cohorts of young people are included within this.



## Vaping

Trafford School Nurses have been busy delivering lunchtime vaping booths across all high schools. Pupils have been offered information around regulated and unregulated vapes, the known effects on the body and the risks of nicotine and other unknown substances in unregulated vapes. Our aim is that our young people will be able to make informed choices.



## Our ongoing offer to all pupils

Drop in sessions for pupils continue in all schools where pupils can discuss any issues that we can support with. Please contact your school individually to discuss times and days of drop ins.

# Public Health messages

## Measles cases continue to rise

Cases of measles are continuing to rise across Greater Manchester and our team have been offering catch up sessions delivering the MMR (measles, mumps and rubella) vaccines in schools and across catch up clinics this term.



Please look at the link below that explains the importance of the vaccine. Parents of sixth form pupils within a Trafford School are included in the above offer. Please contact the school immunisation team on 0161 912 3395 if you need help and support in organising a vaccine.

- **MMR Information on the NHS website** - [www.nhs.uk/vaccinations/mmr-vaccine/](http://www.nhs.uk/vaccinations/mmr-vaccine/)

## Exam stress

**Good luck to our** year 11 pupils who are heading towards their exams. This can be a challenging time and as a parent it can be sometimes difficult to know how to support our young people. Please take a look at the links below which provide a range of useful advice, information and tips that you can use.

- **Young Minds website** - [www.youngminds.org.uk/young-person/coping-with-life/exam-stress/](http://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/)
- **Mind website** - [www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/](http://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/)

# 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**



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

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