

Trafford School Nurses Newsletter for Secondary Schools

Issue 8 - Sept. 2024



Hello and welcome!

Hello and welcome Trafford School Health Team would like to welcome you to the eighth 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 by visiting our webpages at www.traffordco.org/school-nursing or scanning the QR code.



What's happening this term?

Welcome new starters!

Welcome to our new Year 7 pupils! Transitioning to a new school can be a big step for your child, and this change can cause some worries. Your child's teachers, school pastoral staff and school nurse are all available for support if required. Our school health contact details are on the page below.



Vaccinations

Our immunisation nurses will be delivering assemblies about the benefits of receiving the HPV vaccine. You will shortly receive an email with an e-consent link. Please complete this as soon as possible. If you have any difficulties completing it, please contact the immunisation team. We have consent forms in different languages if you require one.



Sleep

This term, school nurses will be delivering pop-up sessions around sleep. The session will promote strategies for sleep, the benefits of a good quality sleep and support the young people can be offered around sleep. This will be offered to all high schools in Trafford from October.



Student Support

Drop-ins – the school nurses are available at every high school for drop-in sessions.



Public Health messages

Rise in measles cases

An increasing number of children are being diagnosed with measles nationally. We therefore encourage parents to ensure that their child has received two doses of MMR vaccine. This gives the best protection against measles.



The school immunisation team will review the MMR vaccine status of all year 8 pupils and above. If your child's MMR is not up to date, you will receive a consent form. Please complete it if you wish your child to be vaccinated.

Parents/carers of year 7 pupils can speak to their GP if pupils aren't fully vaccinated.

National Flu Season

Shortly your child will be offered protection against flu. Intrahealth (not the School nursing service) will be contacting parents with information regarding these sessions in school.



10th September: National Suicide Prevention Week

The theme for World Suicide Prevention Day is **Changing the Narrative on Suicide** with the call to action: **Start the Conversation**. This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides.

Visit the [Samaritans' little tips webpage](#), which advises how to help someone to open up when something's up.



Special Educational Needs and Disabilities (SEND)

Throughout October there is a wide range of awareness of days around children with SEND. These include:

- ADHD Awareness Month
- Sensory Awareness Month
- Dyslexia Awareness Week (2nd-8th October)

[Find out more](#) about SEND information and support.



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 Immunisation Team** – **0161 912 3395**



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

www.traffordlco.org/school-nursing



The SIX GOLDEN RULES

for keeping your dog happy and safe

1

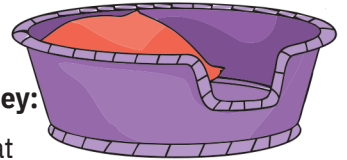
When you are with a dog, always have your parent/guardian close enough to hear and see you.

Listen to their instructions carefully, this will help keep you and the dog safe.

2

Leave dogs alone when they:

- Are eating or have a treat
- Have a toy or something else they really like
- Are sleeping
- Are unwell, injured, or tired
- Are blind or deaf.



3

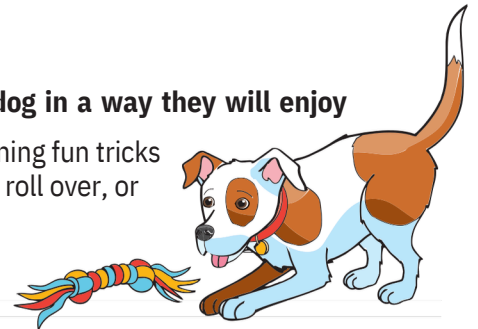
Be kind and polite to dogs.

Treat dogs with the same respect as other people – most people wouldn't like someone pulling their ears or climbing on them, so we don't want to do this to dogs.

4

Play with your dog in a way they will enjoy

it. Dogs love learning fun tricks like shake a paw, roll over, or play dead.



5

Along with your parent/guardian, learn the signs of an unhappy dog from the RSPCA's 'Understanding dog behaviour' pages, and leave unhappy dogs alone.

If your dog looks unhappy or your parent/guardian asks you to, stay where you are and let the dog go somewhere they will feel safe and happy.

6

Before meeting a dog, ask the owner and your parent/guardian if it's okay to say hello, and listen to how they want you to do that.

Stay where you are and let the dog approach you only if they want to. Some dogs may not want to say hello, we can leave them alone to keep them happy.

If there's no adult owner around to ask, leave the dog alone.

TOP TIP:

We all need a break sometimes, give your dog a cosy spot in a quiet room where they can have their own space. Everyone can then leave the dog alone when they're in their private spot.



GENERATION
KIND