

Trafford School Nurses Newsletter for Secondary Schools

Issue 9 - Jan. 2025



Hello and happy new year!

Hello and welcome Trafford School Health Team would like to welcome you to the ninth 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.traffordlco.org/school-nursing or scanning the QR code.



What's happening this term?

Year 9 vaccination offer

This term all year 9 pupils will be offered the school leaver booster of Diphtheria, Tetanus and Polio and the Meningitis ACWY. Parents will be receiving the link to complete the immunisation consent form. The information is available in many languages, just ask your school or the school immunisations team on 0161 912 3395 and we can provide this for you.



Energy Drink Pop-up Awareness Sessions

This term, we will be coming into all schools in Trafford over lunch time; to discuss energy drinks and the impact they can have on our health. This will cover the sugar and caffeine content, and the potential risks associated.

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Student Support

The school nurses are available at every high school for drop-in sessions. For more information ask your school when the next drop-in is.



Public Health messages

Scabies

There has been a recent outbreak of Scabies in Trafford. Scabies is an itchy rash, caused by mites, which is spread through skin-to-skin contact. If you're concerned that your child has Scabies, book an appointment with your GP or visit your local pharmacy for advice. For more information visit the NHS website.

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Mental Health

Time to Talk Day is the 6th February 2025 - It's a chance for all of us to be more open about our mental health and talk about how we really feel.

Time to Talk Day is about helping people and communities to come together to have the nation's biggest mental health conversation. It's not always easy to tell people how you really feel. Sometimes it's easier to just say we're 'fine' than to open up. But an open conversation can be the first step towards better mental health.

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World Religion Day

19th January 2025 is World Religion Day. Promoting unity and understanding among people of different faiths.



Hot Water Bottles

Did you know that hot water bottles expire? There is an expiration date on every hot water bottle, that should be followed. We've included a poster with more information.



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**.
- **Immunisation Team** – **0161 912 3395**



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

- www.traffordlco.org/school-nursing

Hot Water Bottle Safety



1. Check the expiry date and replace every 2 years



2. Allow boiled water to cool



3. Fill to 2/3 (two thirds) full



4. Push out the air



5. Tighten the cap and cover