

Trafford School Nurses Newsletter for Primary Schools

Issue 11 - Sept. 2025



Hello and welcome!

Hello, and welcome to the autumn term newsletter!

Trafford School Health Team would like to welcome you to the eleventh edition of our newsletter. The newsletter is issued each school term letting you know what our school nursing team will be doing and sharing some useful information. Find out more about our service on our webpage www.traffordlco.org/school-nursing or by scanning the QR code.



Welcoming the new reception class

Welcome to our new families in reception. Sometimes it takes time to settle into a new school. If your child is finding it really difficult to settle, and you have spoken to the class teacher and there has been no improvement, please contact your school nursing team for support. You will also be able to find further help and support around school readiness by visiting Trafford's Family Help webpage.



What are we doing this term?

Reception questionnaire

All parents/carers of reception-aged children will be sent a school nursing letter and questionnaire. Please complete the questionnaire and return it to school.



Handwashing session

We will be running a handwashing session with all of reception. This is the start of our health promotion around infection control.



National child measurements programme-

In line with our universal school nursing offer our healthy schools team will be delivering the national child measurements programme for all children in reception and year 6 (who have not been opted out by their parents/carers).



Public health presentation

Our healthy schools team will be delivering education around the impacts of the chosen subject of vaping to year 6 pupils for school that have opted in. These sessions will explore the physical and environmental effects of vaping for young people.



Continuing targeted support

We will be continuing our targeted support sessions for children and young people in our primary schools. The themes of our appointments can include topics such as emotional health, healthy eating, toileting, behavioural issues and many more! Please feel free to contact your school or school nurse directly for any support.



Free School Meals

Is your child eligible for free school meals?

During these challenging times we encourage you to check if your child is eligible for free school meals.

For more information, including how this is assessed and to complete the online form, visit www.trafford.gov.uk/contact-us/Free-school-meals.aspx

Scan the QR code to apply online.



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.**
- **Healthy Schools Team** (Trafford-wide) – **0161 912 3395**



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

www.traffordlco.org/school-nursing

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



Dental Health

Good dental health in children is important to help maintain good physical health and development. If your child is not currently registered with a dentist, please see the link below to help find a dentist in your area.

www.nhs.uk/service-search/find-a-dentist



Adjusting to back to school

Getting back into a school routine can be difficult for us all after a long summer 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 hour 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 for further support.

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

