



Building a healthy future this Autumn



An information leaflet from the
Wolverhampton 0-19 Service, September 2023

Welcome back to school! A message from your School Nurse



As the summer holiday comes to an end, it brings us immense joy to welcome you all back to another exciting academic year! We hope you had a wonderful summer holiday filled with laughter, love, and cherished memories. Now, as we embark on this new journey together, we, as your School Nursing Service, want to extend a warm greeting to each and every one of you.

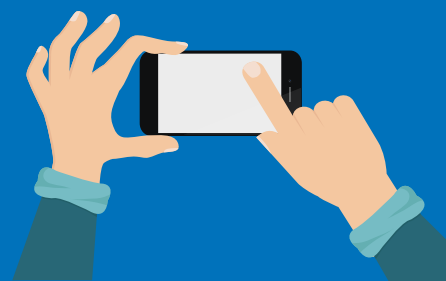
The return to school after the summer holiday is always a special time for your little ones, and I know that you, as parents, play an essential role in ensuring the transition is smooth and positive. Whether your child is returning to school this year or beginning their educational adventure, rest assured that we are here to offer you advice, support, information to help you and your family to be as healthy as possible.

During this year, we will be working closely with the school staff to promote a healthy lifestyle and provide health education lessons and assemblies. Together, we strive to encourage good hygiene habits, good sleep hygiene, good nutrition, and the importance of regular exercise.

Our School Nursing Service is truly honoured to be part of this incredible educational journey with you and your children. Let's make this year a memorable and rewarding one for all!

If you have any questions for our School Nursing Service or need any support throughout the year, please contact us via our Single Point of Access (SPoA) Hub.

Call: 01902 441057



Coming soon...height and weight checks for children in Reception and Year 6



Every year all primary school children in Reception and Year 6 will have their height and weight measured as part of the National Child Measurement Programme (NCMP).

It is important to know how children are growing so that we can provide the best support if needed.

This will take place within Wolverhampton schools for children in Year 6 between September and December 2023, and for Reception between January to July 2024. Any missed measurements or absences will be completed from April 2024 onwards. If you have a child in either of these years, we will write to you before your child is measured where you will be given the opportunity to opt out if you wish.

Find out more about the NCMP:

[NHS NCMP website](#) 

Get Active – Cycle to School Week

In the lead up to Cycle to School Week, which takes place Monday 25 – Friday 29 September, help your child practice and perfect their cycle skills:

- 1** Make sure your helmet is fastened securely.
Tip – if you move your head side to side the helmet should not wobble.
- 2** Warm up! Place your markers at either length of your garden, drive, or playground. Cycle from one to the other and practice braking.
- 3** Now place your markers in two straight lines with a small gap between them. Try cycling through the gap. This is your lava bridge so make sure you don't fall in!
- 4** An earthquake has happened and caused the bridge to bend into a semi-circle. Move your markers into a bend and try to cycle through that.
- 5** Now try placing three of your markers in a straight line with a gap between them. Can you zig-zag through each cone?
- 6** Finally, place all your markers in a circle and cycle around the inside of it. Could you make your circle smaller each time?

You will need:

Helmet

Bike

Something to use as markers. This could be socks, cones or a rolled up jumper.



BOOST your immunity this winter

Protect your child against flu this winter.

Having the nasal spray vaccine will help protect your child from what can be a very nasty illness in children.

It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child.

Vaccination UK will be visiting your school this winter from late September until Friday 15 December.



Protect your child from measles.

Measles cases are on the rise in England and across the whole of Europe. Make sure you and your family are protected against becoming seriously unwell with measles by checking you are up to date with the MMR vaccine.

Across England, on average one in ten children are not up to date with their MMR vaccinations, with some areas of the country as low as two in five, putting thousands of children at risk of catching measles and the disease spreading in un-vaccinated communities.

Just two doses of the MMR vaccine gives you and your family lifelong protection against catching measles. The first vaccine is given at age one year and the second at age 3 years and 4 months old. If you've missed any doses, it's not too late to catch up. Contact your GP Practice today to book an appointment to get up to date.

If you are unsure if you or your child are up to date, check your child's red book or GP records and make an appointment to catch up any missed doses.

For more information on the NHS vaccination schedule:

[NHS vaccinations and when to have them](#)



See here for a leaflet explaining about measles, mumps and rubella and the MMR vaccination which helps protect against all three diseases.



Download

There is also a leaflet for anyone who has recently moved into the UK



Talking to your child about online safety

It's important to talk to your child about online safety.

For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet and for them there isn't a difference; online life and offline life is just life.

Technology can move at an extraordinarily fast pace and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.



NSPCC – talking child online safety

Medication in school

Your child may require medication for a short period of time or for just a single dose. However, for children with ongoing medical needs, it may be for a longer term or on a continual basis. Those that have continuing health needs should have an Individual Health Care Plan (IHCP) that is reviewed annually or earlier if the child's needs change.

As a parent, you should be consulted when developing an Individual Health Care Plan and any relevant health professional should also be involved. Procedures should also be put in place for transition between schools.

Individual Health Care Plans are developed in partnership between the school, parents, pupils, and the relevant healthcare professional who can advise on a child's case. The aim is to ensure that schools know how to support your child effectively and to provide clarity about what needs to be done, when and by whom.

Examples of ongoing medical needs include diabetes, epilepsy, anaphylaxis, and asthma.

The Dog, Duck & Cat Trust aims to help your child stay safe and healthy, through educating them about both their physical safety and emotional wellbeing.

To find out more, visit our website www.dogduckandcat.co.uk
Here you will find lots of stories to read and fun activities to do with your child.

We are also on **Instagram, Facebook and Twitter**, so follow us and you will be kept up-to-date with all of our latest news.

f The Dog, Duck and Cat Trust
@ ddc1world
@ dogduckcat

If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We'd love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwh-tr.0-19marketing@nhs.net

