

SOLIHULL SCHOOL NURSING NEWSLETTER




WELCOME

A big welcome to the autumn 2023 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to school) routine.

The school nursing service works all year round, Monday to Friday excluding public and bank holidays.

You can call us on: 0121 726 67 54 or, you can message us via our ChatHealth text service.



Parent line: 07480 635496

Aged 11-19: 07520 615730

CATCH IT 

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT 

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT 

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

NHS

Alongside the cooler weather, you can expect this season to bring more cold/flu outbreaks, and other bugs, such as Norovirus. With that in mind, we wanted to remind everyone of the importance of using good handwashing techniques and to catch it, bin it, kill it! Remember to wash your hands after blowing your nose, sneezing and/or coughing to help stop the spread of germs!



We are looking forward to seeing children in schools this year during the National Child Measurement Programme for Reception and Year 6 children as well the Year 6 Health Assessments.

Whilst you settle into the coming months, we wanted to take this opportunity to share some important safety messages with you.

WATER SAFETY

- Stay away from the edge of waterways, lakes and ponds. At this time of the year, these can be more slippery and hidden beneath fallen leaves, frost, ice or snow.
- When not walking in daylight, make sure you are walking in well-lit areas. Avoid walking near waterways in the dark.
- Remember to stay off ice! Teaching children the importance of staying off ice as early as possible is vital. When waterways, lakes and ponds freeze over, we don't know how thick the surface ice is; it could break and plunge you to the depths of the water beneath it. Under no circumstances should you risk treading on ice!
- Keep your dog on a lead so they do not slip on the edge of waterways and/or tread on ice, risking falling into water.

If someone (including a pet) has fallen through ice, call for help and contact 999 or 112 - **do not walk on the ice to attempt to rescue them yourself**. For more information about what to do if someone has fallen through ice and about water safety visit:

<https://www.rlss.org.uk/pages/category/winter-water-safety>



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SOLSCHNURSES

HEALTH FOR TEENS

Health
FOR Kids!

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WHAT TO DO IF YOU FALL THROUGH FROZEN WATERWAYS, LAKES OR PONDS

1. Keep calm and shout for help.
2. Spread your arms across the surface of the ice in front of you.
3. If the ice is strong enough, kick your legs to slide onto the ice.
4. Lie flat and pull yourself towards the bank.
5. If the ice breaks, try to work your way to the bank.
6. If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keeping your legs together. Keep your head clear of the water.
7. Once you are safe, go to hospital immediately for a check-up.

Check out our social media pages for more information on water safety and the Float to Live campaign from RNLI - <https://rnli.org/safety/float>

SAFETY AROUND DOGS

Take a look at these top tips from the RSPCA for keeping children safe around dogs.

- Don't leave children alone with a dog, even if this is a comfortable/familiar area for the dog.
- Make sure children do not approach dogs they do not know.
- Do not interact with dogs while; they're eating, sleeping, playing with a toy, unwell/injured or tired.
- Don't allow children to climb on dogs or pull at them.
- Let your dog have space to chill out when needed.

For more information visit:

<https://www.rspca.org.uk/adviceandwelfare/pets/dogs/company/children/safe>



Firework, bonfire and sparkler Safety



- Adults must supervise fireworks and bonfire displays – never leave children or young people alone around fireworks and bonfires!
- Make sure children are standing safely away from bonfires and firework displays.
- Fireworks should not be stored in pockets or lit on streets/roads.
- Never go back to a lit firework.
- Ensure bonfires have been put out safely before leaving them.
- Wear gloves when using sparklers; they get hot enough to cause severe burns.
- Don't wave sparklers near people, and put them in a bucket of water when you are done with them.

There is lots of safety information about fireworks, sparklers and bonfires. Please take a look at some of the links below:

<https://www.rospa.com/home-safety/advice/fireworks-safety>
<https://capt.org.uk/lessons-for-little-ones/>
<https://www.bbc.co.uk/newsround/15357129>

Solihull HAF (Holiday Activities and Food) Programme

Did you know if you're registered for benefits-related free school meals in Solihull, your child could be eligible for free holiday activities during the Christmas, Easter and Summer holidays? For more information and to apply, visit the link below:

<https://www.solihull.gov.uk/children-and-family-support/haf/parents-carers>

The Solihull School Nursing team wish you a safe autumn and start to winter!
Remember to visit our Health for websites and to follow us on social media.