

# Trafford School Nurses Newsletter for Primary Schools

Issue 13 - July 2026



## Hello and welcome!

**Hello, and welcome to the summer term newsletter!**

Trafford School Health Team would like to welcome you to the thirteenth 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. Scan the QR code to visit: [www.traffordlco.org/school-nursing](http://www.traffordlco.org/school-nursing)



## What have we been doing this term?

### Puberty

All our Year 5s (dependent upon schools) have been offered a session around puberty. These sessions were delivered alongside a school nurse-developed PowerPoint presentation in which changes in the body and growing up were explored.



### Hearing tests & Vision Screen

In line with our universal school nursing offer, all reception children who have not been opted out of the school nursing service by their parents/carers have received a hearing test and vision screen by the school health support worker. If any concerns were highlighted around your child's hearing or vision, the team will contact you directly.



### International Nurses Day

Our team celebrated International Nurses Day on 12<sup>th</sup> May. We used this day to look back on all the amazing work we have been able to achieve in our schools over the past year.



# What are we doing this term?

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## Transition to high school

We are aware that this can be a stressful time for young people as they prepare to transition to high school.

We work closely with our primary schools to support students through this change, including delivering workshops and whole-class activities focused on transition, resilience, and adapting to new environments. These sessions help students develop confidence and practical strategies for managing this important stage of their development.



## 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.



# Public Health messages

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## Summer holiday food support

We are all aware of the cost-of-living crisis, and as summer approaches, some parents who are on lower incomes may be eligible for the free school meals holiday award.

There is an application window which opens on 9th July and closes on 22nd July so please check your eligibility for this at: Free school meals holiday award ([trafford.gov.uk](http://trafford.gov.uk)).

You can also keep an eye open for restaurants offering discounts for children over the holidays. Have a look at our X page (@TraffSchNurses) for more information over the summer.

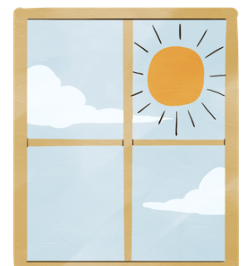


## Free School Meals

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](http://www.trafford.gov.uk/contact-us/Free-school-meals.aspx)

## Window Safety

As the warmer weather approaches and we begin to open windows more often, it's important to remember how to stay safe around open windows at home. Never lean out of an open window or climb on furniture near a window, as this can increase the risk of falls. Younger children should be supervised around open windows, and window restrictors can help prevent accidents. Please see the attached poster at the back of this edition for more information on how to keep yourself and your family safe this summer.



# Public Health messages

## Keeping safe in the sun

As summer is approaching, it's important to remember to keep our skin safe from the sun by wearing sunscreen and keeping in the shade when the sun is at its highest. Remember, sunburn doesn't just happen on holiday. You can burn in the UK, even when it's cloudy. Please see the sunscreen poster attached at the back of this newsletter for more information about how to protect yourself.



## Water safety

With the weather becoming warmer, it's important to remember to keep safe around large bodies of water. You can remind your child of four key messages:

1. Always swim in a **safe place**
2. Always swim with **supervision**
3. If you fall in, **float, breathe and relax**
4. If you see someone in trouble, **call 999**.

Please see this link for more information on water safety. [What is the Water Safety Code? - Swim England Learn to Swim Companion](#) - and check the poster at the back of this edition.

## Toy Safety

There have recently been reports around toy safety after a new squishy Steam Bun toy has gone viral on social media. This toy contains toxic chemicals such as benzene (a highly toxic and flammable substance), which could be harmful to the child's health. Online video trends also encourage children to microwave the toys, which can make them burst and release hot gel with the risk of severe burns as well as the release of noxious chemical gases. Please be mindful of where toys are bought from and only buy from trusted retailers. To learn more please visit [Warning about 'noxious' viral squishy dumpling toys on sale in Trafford](#).



## School holiday free activities

There's going to be lots of free things to do and stay active in Trafford this summer! Keep an eye out on the Trafford Council website at [www.trafford.gov.uk](http://www.trafford.gov.uk) for links to activities in parks, towns and other places. **Have a great holiday!**

# School Nurse Contacts



**0161 912 3395**

To contact our school nurse teams for **North Trafford** (Stretford and Old Trafford), **West Trafford** (Urmston, Flixton and Partington), **South Trafford** (Altrincham, Timperley and Hale), **Central Trafford** (Sale and Sale Moor) and the **Healthy Schools Team** (Trafford-wide).

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

[www.traffordlco.org/school-nursing](http://www.traffordlco.org/school-nursing)



# Open windows warning



**Keep low furniture away from open windows so that children can't climb up and fall out**



**Install window catches (to limit how far they can open) and locks if you can**



**If you opt for a lock keep the keys somewhere you can find them in case of emergencies**



 [capt.org.uk](https://capt.org.uk)

 [@ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

 [@capt\\_charity](https://www.instagram.com/capt_charity)

child accident  
prevention trust 

# Why is sunscreen so important?



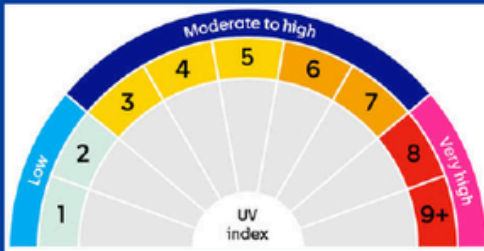
Sunscreen stops your skin getting burned in the sun.



Sunburn can lead to:

- Skin cancer
- Wrinkles and ageing of the skin.

Sunburn doesn't just happen on holiday. You can burn in the UK, even when it's cloudy.



Check the UV rating to find out if you should apply sunscreen. If there is UV 3 or higher think about using sunscreen. You can see UV rating on most weather apps.

Sunbeds can cause skin cancer. The UV radiation can damage the DNA in your skin cells. If you want a tan use fake tan from a bottle or a spray tan.



Find out more at [Skcin.org](https://www.skcin.org):



# How to choose a SUN SCREEN



Sunscreen is an important part of skin protection from the sun. Follow these tips to choose the right one for you and your family.



Use 6-8 teaspoons of sun screen to cover the body and reapply every 2 hours.



Choose an SPF rating of 30 or higher.

Choose a cream with UVA in a circle symbol and at least 4 stars.

Choose a water resistant cream but reapply after you've been in water.

Check the expiry date. This symbol means you can use it for 12 months from opening.

Find out more on the NHS website:



# BE SAFE HAVE FUN!



If you are in and around the water  
ALWAYS REMEMBER TO:

1

STOP AND THINK

2

STAY TOGETHER

3

FLOAT

4

CALL 999 OR 112



FIND MORE FUN  
AND SAFETY TIPS AT  
[RNLI.org](http://RNLI.org)

The RNLI is the charity that saves lives at sea

Royal National Lifeboat Institution, a charity registered in England and Wales (209603)  
and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland



Lifeboats