

# Trafford School Nurses Newsletter for Primary Schools

Issue 9 - Jan. 2025



## 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.traffordco.org/school-nursing](http://www.traffordco.org/school-nursing) or scanning the QR code.



## What we have done this term

### Crucial Crew share the dangers of vaping

Following positive feedback about Crucial Crew's project with last year's year 6 pupils on the dangers of vaping, they will be joining us to run it again this term. This is our second project with Crucial Crew this academic year.



### Hearing and vision tests

Hearing and vision tests for our reception children will be continuing throughout the rest of the term (this does not include children whose parents have opted out). Tests will be completed by our Healthy School's Team. If you have opted out of the school health service and would like to opt back in, please contact our administration team on 0161 912 3395.



### National Child Measurement Programme

It's that time of year again when reception parents will receive a letter informing them of the National Child Measurement Programme. Our healthy school's team will be delivering the programme from mid-February until mid-May. If you do not wish for your child to be involved in the programme information on how to opt out is in the letter you will receive.



### School Nurse Drop-ins

The school nurses are available at every primary school each term to discuss any health or wellbeing concerns you have. Ask your school for the date of the next drop-in.



# 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: [Scabies - NHS](#)



## 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.

[LEARN MORE](#)



## 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.



## Button Batteries

Button batteries pose serious risks, especially to children:

- If swallowed, they can cause serious injuries or death with two hours.
- They can get stuck in a child's throat and cause chemical burns.
- When lodged in the body, they can burn through tissue and cause catastrophic bleeding.



1. **Always store button batteries out of reach of children.**
2. **Check products regularly to ensure they remain secure.**

# 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](http://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

# Button Batteries

Do you know about the hidden dangers in your home?

## What are they?

They are a powerful lithium coin cell battery – it looks like a 5p! They are small, round and silver coloured that come in many sizes and types.



## Where will I find them?

They may be in a wide range of toys, gadgets and everyday items you'll find in a house (e.g., tv remote, key fobs, light up toys).



## What's the risk?

If a lithium coin cell battery gets stuck in the food pipe, energy from the battery reacts with saliva to create caustic soda. This is the same chemical used to unblock drains!

**The lithium can burn through the food pipe, to the main artery and lead to internal bleeding and possible death.**

**The chemical reaction can happen in as little as 2 hours or as long as days or weeks.**

**If you think your child has swallowed a button battery, this is a medical emergency.**

**Take them straight to A&E or dial 999. Do not let them eat or drink, do not make them sick and if you can take the product that had the battery in with you.**

