

SOLIHULL SCHOOL NURSING

NEWSLETTER




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WELCOME

As the summer break approaches, we want to take a moment to wish you a safe and joyful time. Whether you are looking forward to a well-deserved family vacation, seeking out new and exciting activities, or simply savouring quality time with loved ones, we hope you enjoy your summer!

This is a reminder that the school nursing service works during school holidays too! We work Monday to Friday, excluding public and bank holidays, and you can contact us on the details below;

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

Parent line: 07480 635496
Aged 11-19 line: 07520 615730

Holiday Activities and Food (HAF) Programme

This government funded initiative aims to provide nutritious meals and enriching activities for students from reception to year 11 who qualify for free school meals during regular school holidays. To learn more about the available options for your child, visit www.solihull.gov.uk/children-and-family-support/haf

Summer Safety Reminders

As the summer holidays approach, you'll likely be spending more time outdoors. In our previous newsletter, we provided some great tips on staying safe in the sun and around water.

To read these valuable tips, visit www.healthforkids.co.uk and head over to the news page.

Is your child starting reception?

Welcome to school nursing! As your child transitions from health visiting to our school nurse service, we're here to help them embrace a healthy lifestyle as part of the Healthy Child Programme for 5-19 year olds.

Starting school is both exciting and overwhelming for kids and parents. But don't worry, there are some simple steps you can take to prepare your child for this new adventure.

Unless there is a medical or development delay, can your child:

- Go to the toilet independently, wipe themselves, and wash their hands?
- Dress and undress themselves?
- Use a knife and fork?
- Follow a simple task or request?



You can also:

- Read books about school
- Share positive memories of your school
- Talk about activities they will enjoy
- Provide a visual aid so they can see which days are school days
- Allow your child to be part of the labelling process for their clothes, boxes, and bags
- Make sure you all get plenty of sleep each night

If you have not yet had the opportunity to do so, please return the Ages and Stages Questionnaire to us.

We have developed a comprehensive "Preparing for School" presentation, which covers various topics including dressing and undressing, eating and drinking, toileting, and developmental milestones.

To register for this presentation, please visit <https://youtu.be/WCffln9-rF8>

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Dog Safety

Did you know that most dog bites involving children happen at home, and surprisingly, by a familiar dog? Shockingly, over 1,700 children ended up in the hospital last year due to dog bites. To keep your child safe, the Dogs Trust recommends:

Stay close: Watch, listen, and stay close so that you can respond before anything bad happens.

Step in: Intervene if your dog or your child is behaving unsafely or if either one looks uncomfortable.

Separate: Keep children and dogs separate when you know you're likely to be distracted, like during the morning rush, making dinner, or answering the front door. You can use a safety gate, put your dog in another room, or take your child or dog with you.

For more information, visit www.dogstrust.org.uk and search "child safety".

Remember these guidelines when approaching a dog that isn't yours:

- Always ask permission before petting or touching someone else's dog.
- Ask the owner where on the body to stroke the dog.
- Never touch a dog that is left alone outside a shop or similar situation.
- Don't enter a garden if a dog is loose, even if you know it.
- Never run or shout around a dog. Always walk past calmly.
- Do not hug a dog.
- Watch the dog's body language and avoid cornering it.



Road Safety

The Royal Society for the Prevention of Accident (ROPSA) has produced [guides on how to help your children learn about road safety](#), there is also a [guide for supporting SEN children and those with additional needs](#). www.rospa.com

In Key Stage 1, children aged 5-6 can begin to learn the "Stop, Look, Listen, and Think" sequence. They can also learn the importance of using these skills on driveways, both at home and while out walking.

In Key Stage 2, children aged 7 can begin to learn the Green Cross Code and how to put it into practice. If they carry a phone, they should be reminded to put it away and remove anything covering their ears or obscuring their vision so that they can be attentive to their surroundings, whether on the pavement or road. Roadwise.co.uk provides guidance on the Green Cross Code.

Young people from the age of 11 need to understand the importance of walking directly to their destination without stops or diversions. They should remember to put their phone away and remove their earphones. If they are wearing a hood or earphones, they won't be able to hear traffic or others properly. The pavement isn't always safe, either from strangers or road traffic accidents.

Moving onto Secondary?

Our website has information and some advice from new starters in year 7. Visit www.healthforteens.co.uk click the growing up section, and search Making the Move: Primary to Secondary.