SOLIHULL SCHOOL NURSING NEWSLETTER

Welcome

A big welcome to the autumn 2026 term! We hope you had a lovely summer and have settled into the back-to-school routine.

The school nursing service operates Monday to Friday, 9 am - 5 pm, excluding public and bank holidays. You can reach us using the contact details provided at the bottom of the page.

Here's a reminder of what the School Nursing team can support you with:

- **Toileting**
- **Sleep**
- **Challenges with eating and diet**
- **Delivering the NCMP for Reception and Year 6 pupils**
- **Puberty**
- **Emotional/Mental health**
- **Managing behaviour**
- **Hygiene**

IT'S TIME TO CATCH IT, BIN IT, KILL IT!

As the weather becomes cooler, we can expect an increase in seasonal illnesses such as colds, flu, and other infections, including Norovirus. With this in mind, we'd like to remind everyone of the importance of practising good hand hygiene and following the "Catch it, Bin it, Kill it" guidance.

Remember to wash your hands thoroughly after blowing your nose, sneezing, or coughing to help prevent the spread of germs and protect those around you.

To refresh your knowledge of effective handwashing techniques, please watch the short video using the link below:

https://www.nhs.uk/live-well/best-way-to-wash-your-hands/

OUR NEW WEBSITE IS LIVE!

Our brand new 0-19 website is now live!

We're excited to launch our brand-new website, bringing together information, advice and support for children, young people, and families.

Find the information you need when you need it.

Visit our new website today:

www.solihull0-19services.nhs.uk

Immunisation

Ensuring your child is up to date with their vaccinations is one of the most effective ways to protect them against a range of serious illnesses. The Immunisation Team will shortly be contacting your child's school with details of their upcoming flu vaccination visit, during which the nasal spray vaccine will be offered.

In the meantime, you can check your child's vaccination status by following the link below:

https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

Firework, Bonfire & Sparkler Safety

- Adults should always supervise fireworks and bonfire displays. Never leave children or young people unattended around fireworks or bonfires.
- Ensure children always remain at a safe distance from bonfires and firework displays.
- Never carry fireworks in your pockets or set them off in streets or on roads.
- Do not approach or attempt to relight a firework that has already been lit.
- Before leaving, make sure bonfires are completely extinguished and safe.
- Always wear gloves when handling sparklers, as they can become hot enough to cause serious burns.
- Avoid waving sparklers near other people, and once finished, place them in a bucket of water to cool safely.

There is a wealth of information available on staying safe around fireworks, sparklers, and bonfires. Please take a moment to review the helpful resources linked below.

https://www.rospa.com/home-safety/fireworks-safety

https://capt.org.uk/lessons-for-little-ones/

Road safety

During the winter months, shorter days and reduced daylight can make it more difficult for drivers and other road users to see pedestrians. This is particularly important during busy school and nursery drop-off and pick-up times, when traffic levels are higher and visibility is often poorer.

To help keep your child safe, it is essential that they are clearly visible when walking near roads, especially in low-light conditions.

Wearing bright or fluorescent clothing during the day can significantly improve visibility. This could be as simple as a fluorescent strip on a coat, a high-visibility vest, or a bright patch attached to a school bag. These small measures can make a big difference in helping drivers spot children sooner and reducing the risk of accidents.

Road Safety For Children | Child Accident Prevention Trust