

SOLIHULL SCHOOL NURSING

NEWSLETTER



PAGE 2

Handwashing

With the cooler weather, we can expect more cold and flu outbreaks, as well as other bugs like Norovirus. It's important to remember to use good handwashing techniques and to remember "catch it, bin it, kill it!"

Remember to wash your hands after blowing your nose, sneezing, or coughing to help stop the spread of germs. You can watch a video demonstrating good handwashing technique by following this link:

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

Dental care tips for children



Maintaining healthy dental hygiene is essential for children. Here are key tips for an effective routine:

- Encourage children to brush gently twice daily for two minutes with a fluoride toothpaste.
- Children should always brush before bedtime for optimal fluoride protection.
- Use a pea-sized amount of toothpaste for children aged 3 to 6 with over 1,000 ppm fluoride.
- Children over 7 and adults should use toothpaste with 1,350-1,500 ppm fluoride.
- Encourage brushing in small circular motions along teeth and gums.
- Remind children to spit out toothpaste and avoid rinsing to retain fluoride benefits.
- Assist children with brushing until they are at least 7 years old.

BONFIRE & FIREWORK SAFETY

Remember to follow these safety guidelines during fireworks and bonfire displays:

- Adults should supervise the activity.
- Stand a safe distance away from bonfires and firework displays.
- Light fireworks at arm's length.
- Do not store or light fireworks in pockets or on streets/roads.
- Never return to a lit firework.
- Ensure bonfires are extinguished before leaving them.
- Wear gloves when using sparklers as they can get hot enough to cause burns.
- Do not wave sparklers near people, and dispose of them in a bucket of water after use.
- If you catch fire, stop, drop to the floor, cover your face, and roll to help put out the fire. Share this method with others to raise awareness.



RECEPTION HEALTH QUESTIONNAIRES

Have you completed the Reception Health Questionnaire?

The questionnaire provides an opportunity to identify any new, or on-going health needs that your child may have and require additional support with.

The Solihull School Nursing team will follow up any child who may require support following completion of this questionnaire.

Remember! all health-related information is kept confidential with the School Nursing Team.

All questionnaire packs will be handed out by your child's school with a return envelope to send back in to us.


[SOLIHULL SCHOOL NURSES](#)

[SOLIHULL SCHOOL NURSES](#)

[SOLSCHNURSES](#)


0121 726 67 54

 ChatHealth

linktr.ee/solihullschoolnursing


Parent line:

07480 635496

11-19 line:

07520 615730