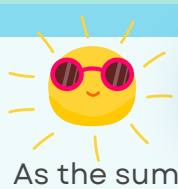
South Warwickshire University NHS Foundation Trust

SOLIHULL SCHOOL NURSING NEWSLETTER



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 holiday, seeking out new and exciting activities, or simply enjoying quality time with loved ones, we hope you enjoy your summer!

This is a reminder that the school nursing service operates during school holidays as well. We work Monday to Friday 8:30am-5pm, excluding bank holidays and public holidays, and you can contact us on the details below;

Call us on: **0121 726 6754**, or you can message us via our ChatHealth text service.

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

Don't forget to follow our social media channels throughout the summer! We regularly post about news, events, and public health campaigns that may interest you.

Eat Well Move More

The Eat Well Move More programme offers guidance on healthy eating and nutrition, providing tips for physical activity, engaging games, and interactive resources suitable for the whole family. Find out more **here**.

Holiday Activities and Food (HAF) Programme

This government-funded initiative is designed to offer nutritious meals and engaging activities for students from reception through year 11 who are eligible for free school meals during regular school holidays. To discover more about the options available for your child, please visit the **HAF Portal** for Solihull.

Reception Starters - Sept 2025

Welcome to school nursing! As your child moves from health visiting to our school nursing service, we aim to support their healthy lifestyle through the Healthy Child Programme for ages 5-19.

Starting school can be exciting yet overwhelming. To prepare your child, ensure they can:

- Use the toilet independently
- Dress themselves
- Use utensils
- Follow simple tasks

You can help by:

- Reading school-related books
- Sharing positive school memories
- Talk about activities they will enjoy
- Create a visual aid so they can see which days are school days
- Involving them in labelling their belongings
- Make sure you all get plenty of sleep each night

We're here during the summer for any questions about school readiness.

Our colleagues in the Solihull Health Visiting Service have developed a video presentation designed to help you and your child prepare for the transition to school. **Click here** to view the presentation.

For additional advice and support, check out this page from **BBC Bitesize**.

Transitioning to Secondary School

Moving from primary school to secondary school can evoke a mix of excitement and apprehension. BBC Bitesize offers valuable advice for parents with children starting secondary school this year, covering both emotional and practical aspects of this transition. Click the link to find out more **BBC Bitesize** website.

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Concerns About Returning to School After Summer Break

Although the summer break hasn't begun yet, some children may already feel anxious about returning to school in September and the changes it entails. For parents, this time can signal the return of a more structured routine, but it can also be a source of anxiety for kids. For helpful tips, visit the **Childline** website.

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.

SUMMER HOLIDAY SAFETY

Road Safety

Children aged 5-6 can start learning the "Stop, Look, Listen, and Think" sequence. It's essential for them to understand how to apply these skills on driveways, both at home and while out walking.

At age 7, children can begin to learn the Green Cross Code and how to implement it. If they have a phone, remind them to put it away and remove anything that covers their ears or obstructs their vision so they can stay aware of their surroundings while on the pavement or road. For more information, visit **www.roadwise.co.uk** for guidance on the Green Cross Code.

Water Safety

During the summer holidays, you will probably spend more time near water. Here are some important reminders for parents regarding water play:

- Never leave children unattended in a paddling pool or the sea.
- Always empty the paddling pool after use, or, if you have a larger pool, ensure it is secured or access is blocked.
- Choose beaches with lifeguards and keep a watchful eye on children playing in the sea.
- Never allow children to swim or paddle in open water, such as canals, rivers, streams, and reservoirs.

For further details on water safety, visit the **CAPT website**.

Learning to swim is a valuable skill for children. To find local swimming lessons, visit **Swim England**.

Sun Safety

Here are some helpful tips for sun safety:

- Seek shade between 11 a.m. and 3 p.m.
- Stay hydrated by drinking plenty of water.
- Use sunscreen; the NHS recommends SPF 30 with UVA/UVB protection.
- Wear sunglasses to shield your eyes from harmful rays, and never look directly at the sun!

For more information, visit the **NHS website**.