

# SOLIHULL SCHOOL

## NURSING NEWSLETTER

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# HAPPY NEW YEAR!

# 2026

**Happy New Year** from the entire School Nursing Team!

We hope that everyone enjoyed a lovely festive break and is now settling back into the 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 below:

**Phone: 0121 726 67 54**

Or text us via  ChatHealth

**Parent Line: 07480 635496**






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



### Winter Water Safety

Cold weather makes rivers, canals and ponds more dangerous. If you're out walking, remember:

-  Stay off the ice
-  Keep back from the edge
-  Keep children and dogs close
-  In an emergency, call 999
-  If you fall in: float on your back & shout for help.

Stay safe this winter ❤️

 More tips:

[Royal Life Saving Society UK](https://www.royallifesaving.org.uk)



## Staying Active During the Winter



Keeping children active during winter can be tricky, but it's important for their overall health and happiness.

Regular movement improves both mind and body.

Here are some tips to help make exercise more fun during the colder months:

- **Winter Scavenger Hunt** - Search for animal tracks and wildlife.
- **Plan a Snack Break** - Bring along some hot chocolate or warm milk, along with a healthy snack.
- **Go Geocaching** - [www.geocaching.com](http://www.geocaching.com)
- **Winter Crafts** - Collect items for a winter potion or winter-themed arts and crafts.

For more ideas, check out the Woodland Trust website:

**[9 Fun Ideas for Family Winter Walks - Woodland Trust](#)**

### Can't Get Outdoors?

Movement and exercise can be done indoors using online resources, creating obstacle courses, or simply turning on some music for dancing.

Here are some helpful online resources:

- **[Activities for Kids - NHS Healthier Families](#)**
- **[Activate with Joe - YouTube - https://youtube.com](https://youtube.com)**

For more support with exercise and healthy living for your family, visit the **[Solihull On the Move](#)** website.

### Free Online Learning for Families from

## TOGETHERNESS

Solihull Metropolitan Borough Council offers families free access to Togetherness resources for family wellbeing. Parents, carers, grandparents, and young people can learn from NHS experts and other parents to better understand and manage emotions. Visit the **[Togetherness](#)** website and use the access code: **applejacks** for more information.



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Aged 11-19?: 07520 615730



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## Awareness Days January to March 2026



### Children's Mental Health Week

[Place2Be's Children's Mental Health Week 2026](#) is due to take place **9th - 15th February 2026**. This year's theme is "This is My Place" which is all about highlighting how important it is to support the people and systems around our children so they can grow up in welcoming, supportive environments where they feel like they truly belong and can say, "This is My Place".

### Eating Disorders Awareness Week

[Eating Disorders Awareness Week](#) runs from **Monday, 23rd February to Sunday, 1st March 2026**. It focuses on the loneliness experienced by children and young people dealing with eating disorders. BEAT emphasises the importance of community, family, and support networks in helping individuals feel supported and understood as they work towards recovery.

### National Storytelling Week

**National Storytelling Week** takes place from **1st - 9th February** to celebrate storytelling and is organised by the Society for Storytelling. The week aims to encourage the sharing of stories and the impact they can have. Storytelling has lots of benefits for children, giving a learning opportunity about things such as kindness and bravery. It helps children understand emotions by encouraging feelings like laughter and sadness. It can also enhance imagination and creativity, and give you wonderful bonding opportunity with your children.



## Cold Weather & Child Health



Colder weather can affect children's health, particularly those with asthma, eczema, or other long-term conditions. Here are some tips to keep in mind:

- **Hydration and Nutritious Meals** - Help children stay comfortable by keeping them hydrated and eating healthy.
- **Indoor Temperature** - Remember to keep indoor temperatures at least 18°C to create a comfortable and cosy environment.
- **Layer Clothing** - Dress children in layers for their journey to and from school.
- **Warm Accessories** - Dress them in warm coats, gloves, and hats.
- **Ventilation** - Ensure proper ventilation while keeping spaces warm.

### Health Awareness

Be mindful of when your child should stay at home and keep children home if they have:

- A high temperature
- Vomiting or diarrhoea (must be symptom-free for 48 hours before returning)
- Are too unwell to take part in normal school activities.

### Asthma, Eczema & Winter Conditions

Cold air and indoor heating can make symptoms worse. Things to remember...

- **Inhalers:** Ensure that inhalers are up-to-date and accessible at school.
- **Eczema Management:** Moisturise skin regularly to manage eczema.
- **Asthma Care:** Illness can trigger asthma flare-ups, so quick management is essential.

For more information, visit: [ukhsa.blog.gov.uk/a-parents-guide-to-keeping-kids-healthy-this-school-year/](https://ukhsa.blog.gov.uk/a-parents-guide-to-keeping-kids-healthy-this-school-year/)


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