Welcome to Our Newsletter,

We hope you are all well and staying safe. Here are our top tips about staying safe over the summer from the School nursing team, part of Solihull 0-19 service.

**SUN SAFETY:** With hot, weather forecast over the summer, we advise you to ensure your children are drinking enough fluids. Not getting enough water can affect how they feel and behave.

Whilst in the sun make sure your children have sunscreen on, the recommendations are to use a cream with UVA protection of 4 star minimum and UVB SPF factor of 30 to avoid sunburn that is harmful to skin. Whilst sunscreen is important don’t forget to dress properly with sunglasses (CE marked) and don’t forget a hat!

Also encourage your child to stay in the shade between 11am and 3pm as the sun’s rays are strongest.

**BIKE SAFETY:** Bike riding is a great form of exercise for children as long as this is done safely. Encourage your child to wear a helmet and to check for traffic.

**POOL SAFETY:** Many children enjoy the paddling pool in the garden over the summer, please make sure your children are supervised at all times there is a risk of drowning even in a few inches of shallow water. Please remember to check the temperature is not too hot or cold before allowing your child to use it. Be aware of slips and falls in and out of the pool as the floor around the pool will become slippery. If you're having a BBQ, in the garden ensure your child is supervised and not left where they can reach or access the BBQ even for several hours after it has been used as they can remain very hot and cause burns or injury.

**COMPETITION:** Please see the link below for your chance to enter a competition about the importance of railway safety:

Please see the links on the left for more safety information.

Please remember to follow the latest government advice on COVID 19. Stay alert, maintain social distancing and wash your hands often for at least 20 seconds.

To get in touch please call us on: 0121 726 6754 South 0121 770 1919 (North & Rural)

You can also follow us on:  
@Solihull School Nurses  
@Solihull_School_Nurses  
@SolSchNurse

Websites you may find Useful

[https://www.nhs.uk/change4life](https://www.nhs.uk/change4life)  
[https://www.nhsinform.scot/campaigns/hydration](https://www.nhsinform.scot/campaigns/hydration)  
[https://www.rospa.com/Resources/Hubs/Summer](https://www.rospa.com/Resources/Hubs/Summer)  
[https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/](https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/)  
[https://www.nhs.uk/conditions/insect-bites-and-stings/](https://www.nhs.uk/conditions/insect-bites-and-stings/)  
[https://www.nhs.uk/conditions/sunburn/](https://www.nhs.uk/conditions/sunburn/)  
[www.healthforkids.co.uk](http://www.healthforkids.co.uk) (Primary school age)  
[www.healthforteens.co.uk](http://www.healthforteens.co.uk) (secondary school age)

If your child is unwell please contact your GP, NHS 111 or visit A&E.