



The Royal Wolverhampton
NHS Trust

Building a healthy future this spring

An information leaflet from the
Wolverhampton 0-19 Service, January 2024



Healthier Futures
Black Country Integrated Care System

NHS
Black Country

The 0-18 years website is here

Improving the health of pregnant women, babies, children, and young people in the Black Country.

www.blackcountry0-18.nhs.uk

Healthier futures for young people in the Black Country

The website provides parents, carers and young people across the Black Country with immediate, high-quality advice from local health professionals. There is advice for every stage. From pregnancy and birth of the new through to nursery, school, and beyond.

A new resource has been launched by the NHS Black County Integrated Care Board (ICB) to support pregnant women and parents of children with a range of health advice.

The new website contains health advice from local health professionals for families in one place. There's an extensive directory of common childhood illnesses such as rashes, coughs, asthma, sickness, earache, conjunctivitis and head injuries as well as information on maternity and mental health and wellbeing.

The health information showcases a traffic light system so parents and guardians know the signs to look out for, where to seek help, what to do to keep an unwell child comfortable and how long symptoms should last.

You can access the site here 

How to stay safe in the winter: The dangers of frozen or icy cold water

It is extremely dangerous to play or walk on open water or canals covered in ice.

It's risky for people of all ages, but especially children. You may be tempted to rescue any person in danger, or even dogs and other animals which stray on to the ice.

Although frozen lakes, ponds, canals and reservoirs can look picturesque during the winter months, please do not be tempted to venture into the water or on to ice.

If you get into difficulty, or see someone else in trouble, here are some important emergency tips.



Teach children not to go onto the ice under any circumstances.



Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.



Time your walks to make the most of the daylight. If walking in the dark, only use well-lit areas and avoid waterside routes.



Don't go onto the ice or into the water to rescue a dog. Move to somewhere where the dog will be able to climb out and call them.



If you do walk near water, stay away from the edge.

What to do if YOU fall through the ice:

- Stay calm and shout for help
- Spread your arms out across the surface of the ice in front of you
- First check if the ice is strong enough. If it is, then kick your legs to propel yourself forward
- Lie flat and use your arms to pull yourself over the ice towards the shore
- If the ice on the water breaks, try to make your way to the bank or shore, breaking ice in front of you as you go
- If you find yourself stuck and unable to escape, wait for help. Stay as still as possible to conserve your energy. Bring your arms close to your sides and keep your legs together, while keeping your head out of the water
- When you're safely out of the water it's important to go to a hospital for a check-up.

What to do if you see SOMEONE ELSE fall through the ice:

- Shout for help, call 999 or 112 and – if the incident involves inland water – ask for the fire service
- Do not go on to ice to attempt a rescue
- Call out to the casualty and encourage them to stay calm
- To try to reach the person from the bank, use a rope, pole, tree branch, clothes tied together or anything else that can extend your reach
- Lie down flat on the bank, to avoid slipping or being pulled in
- If you can't reach them, try sliding something that floats – like a football or large plastic bottle – to them, to help them float
- If the casualty is too far away, DO NOT try to rescue them yourself.
- Wait for the emergency services to arrive. Continue to calm and reassure the person.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

Download the NHS Food Scanner app for this activity

Bring food labels to life and try some fun number activities. Use the pre-collected packaging to see how much sugar, saturated fat and salt are in children's favourite food and drinks.

Place the packaging in order from high to low, depending on whether you think it has:

- more saturated fat
- more sugar
- more salt

Use the NHS Food Scanner app or look at the labels to check whether you are correct.

Note that if a product contains a

healthier amount of sugar, salt and fat it is a Good Choice, and so the NHS Food Scanner won't show you the amount of sugar, salt and fat in the product. You could look at the label if you want to find these values (be careful to compare the correct amounts, e.g. per 100g or per serving).

Challenge

Write some number sentences to show what you found out. Try using these symbols $<$, $>$ and $=$.

For example, 1 salt sachet $<$ 3 salt sachets



flu: 5 reasons to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit
www.nhs.uk/child-flu

Reminder...height and weight checks for children in Reception



Every year all primary school children in Reception and Year 6 will have their height and weight measured as part of the National Child Measurement Programme (NCMP).

It is important to know how children are growing so that we can provide the best support if needed.

This will take place within Wolverhampton schools for Reception between January to July 2024. Any missed measurements or absences will be completed from April 2024 onwards. If you have a child in either of these years, we will write to you before your child is measured where you will be given the opportunity to opt out if you wish.

Find out more about the NCMP:

[NHS NCMP website](#) 

Vision Screening Programme for Reception Children

Approximately 10% of the population have eye problems which may go undetected without routine screening.

The National Child Health Screening Committee recommends that all children should be screened for visual impairment at 4-5 years of age.

We are therefore pleased to announce that vision screening will recommence for all reception children in Wolverhampton Schools from January 2024.

This is a quick and simple eye test to identify any sight defects which may require treatment and affect a child's education.

The vision screening will be carried out by School Nursing Public Health Associates (PHAs) when they are also in school to carry out the height and weight measurements as part of the National Child Measurement Programme (NCMP).

The PHAs have undertaken specific training arranged by The Royal Wolverhampton NHS Trust (RWT) Orthoptics Department and assessed by a Senior Orthoptist.

Parents will be informed by letter that the vision screening is to take place and will have the opportunity to opt out if they so wish and children will not be made to take part on the day if they do not want to.

Once a child has had their vision tested, parents will be informed of the child's results.

This programme will also be audited on an annual basis.



If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwh-tr.0-19marketing@nhs.net

