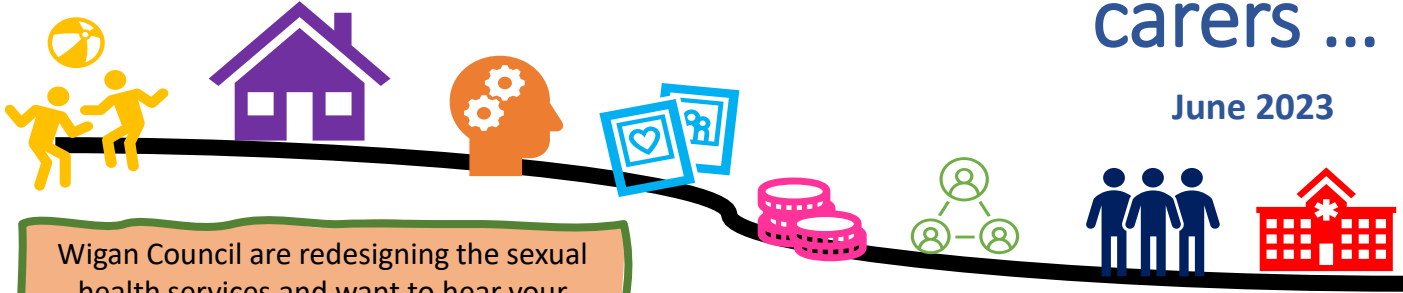


# Healthy School News for parents &

# carers ...

June 2023



Wigan Council are redesigning the sexual health services and want to hear your views, experiences, and ideas about how we can continue to make improvements and ensure that the sexual health offer in the Borough is easy to access, meets resident's needs, and provides value for money

[Sexual health services consultation \(wigan.gov.uk\)](http://wigan.gov.uk)

Uptake of the MMR has been steadily decreasing and Measles is now on the rise in the UK. The risk to the UK population remains low, but we are asking people to be alert to signs and symptoms and ensure that they or their children have received two doses of the MMR vaccination

Measles is highly contagious and can lead to complications such as ear infections, pneumonia, and inflammation of the brain which require hospitalisation and on rare occasions can lead to long term disability or death.

Measles symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

Anyone with symptoms that could be measles is advised to stay at home and phone their GP or NHS 111 for advice, rather than visiting the surgery or A&E.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella.

For more information about measles, see the nhs.uk website [here](https://www.nhs.uk).



## kooth

To celebrate Pride month Kooth and Qwell are providing free [How to be a good ally to your LGBTQ child](#) online training on the 28<sup>th</sup>

June 18:30- 19:30.

Click [here](#) to book on.

### Is your child school ready?

School readiness has three layers:

**Ready children** –prepared for learning and development

**Ready families** – positive about learning, creating opportunities for your child's early learning and development at home and at school

**Ready schools** - quality education and learning environments that are child friendly and flexible to your child's needs

**You can help your child get ready for school by:**

- Practising counting, saying letters, identifying shapes and colours
- Providing regular bedtime and meal-time routines
- Opportunities for play – with you and with other children
- Developing your child's independence when using the toilet, hand washing and dress

Contact your Health Visitor to discuss School Readiness prior to your child starting school. They can be contacted on their **Duty Telephone Number: 0300 707 12**