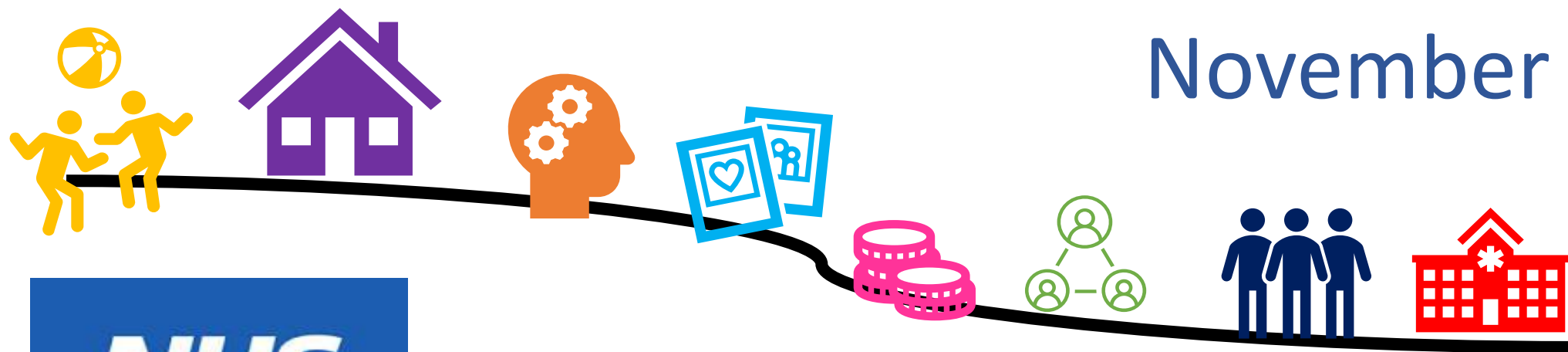


Healthy School News for parents & carers

November 2023



Flu season is just around the corner and now is the time to get protected.

[Here are 5 reasons to vaccinate your child against Flu](#)

If you are a parent of [eligible pre-schoolers](#), make sure that you book your child in with their GP practice for the nasal spray that protects against flu. Flu can be an unpleasant illness in children, causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Most children recover within a week and are well enough to go back to nursery or school, but for some it can be life-threatening.

Primary and secondary school students can also get the nasal spray vaccine at school – [make sure you sign the consent form!](#)



Are you looking to volunteer or get work experience? The Canal & River Trust are recruiting volunteers to deliver Water Safety education sessions in schools. Wigan has a lot of canals, flashes and quarries and we want to educate our children 3- 18 years on water safety. Training, expenses and uniform provided.

For more information click [here](#)

ParentZone

How children and young people access content online is changing, with more platforms introducing Virtual Reality into the format.

ParentZone has created some [videos](#) for young people and parents that explore safety, parental supervision and how to have conversations about use.

The **Our Town Directory** is a new central directory for our borough's services, helping you to stay happy and healthy. ☺

It brings together local support and things to do, whether you are living, visiting or working in the borough, plus events, activities, groups and childcare available in your local community.

Find out more and add your listing <https://directory.wigan.gov.uk/kb5/wigan/fsd/home.page>

