

YSGOL GYNRADD CENTRAL PRIMARY SCHOOL



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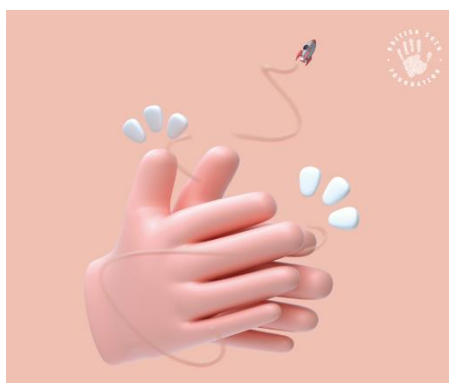
Head Teacher: Mrs Samantha Hopkins B.Ed.(Hons) NPQH

Deputy Head Teacher: Mrs Jess James

9th March 2021



Happy Hands!



Dear Parents, Carers and Friends,

We know how our hands are feeling after a year of constant washing and applying of hand sanitisers. As adults, we are able to look after our own hands more easily than children and use hand creams when we remember. You may notice your children's hands becoming dry and sore as they wash and sanitise more regularly. Below are some top-tips on how to manage sore hands. **Please always seek medical advice from your GP or a pharmacist if skin becomes very sore or cracked.**

- The key is to moisturise, moisturise, moisturise (then moisturise a bit more). Decanting creams into cosmetic sample pots so you can always have some in your bag, in the car, in a school bag and in a coat pocket means you're not going to be caught short. Dermatologists recommends five to six moisturiser applications a day and this certainly works for adults but can be tricky to



achieve when children are at school all day. Apply moisturiser before school, pick up time, tea time hand washing, bedtime and adult bedtime.

- Gloves are a lifesaver, especially windproof ones – cracks heal faster if protected from air exposure. If your child is inclined to forget to put them on or indeed abandon one somewhere random (a common problem we find!) go for the 'elastic through the sleeves' trick.
- If they are able to use creams independently, they are allowed a little pot of non-prescription moisturiser in their pockets at school to use by themselves.
- If a doctor prescribes a specialised cream to use during the school day, a medical form will need to be signed by parents/carers.
- Moisturise thoroughly at night – a good thick layer of emollient with a pair of cotton gloves (if they'll keep them on!) works wonders during the night.
- Creams such as Aveeno or Sudocrem are popular brands to use but other creams are also available. Vaseline (use sparingly!) is a cheap and highly effective emollient to use every night.
- Lastly – an essential tip is to keep Sudocrem or Vaseline out of the reach of children. Having had carpets and cushions completely ruined in the past, I sadly speak from experience! ☺



Mrs Hopkins

Head teacher

