



A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

Join us for the 3rd Wellbeing Wake-up! These fun weekly videos for primary school children and parents/carers are filled with activities you can try as a family to promote wellbeing: cutt.ly/wellbeing-wakeup-3

Child Safety Week

1st to 7th June is Child Safety Week, a chance to remind ourselves of how children and young people can stay safe in the home and out and about. Following simple guidance can help families live life to the full while avoiding preventable accidents that can result in serious injury or death.

Learn about key safety topics:

⚠ Fire safety: www.capt.org.uk/fire-safety

⚠ Road safety: www.think.gov.uk

Activities and information for children: cutt.ly/cbbc-road-safety

⚠ Garden safety: www.capt.org.uk/garden-safety

⚠ Water safety at home: cutt.ly/water-safety-advice

⚠ Blind cord strangulation

For parents/carers - the dangers posed by blind cords and how to prevent an accident: cutt.ly/blind-cord-strangulation

⚠ Child exploitation

For young people and adults - learn more about Child Sexual Exploitation in Warwickshire: warwickshirecse.co.uk

⚠ What to do if your child is unwell or injured during lockdown: cutt.ly/what-to-do-ill-child



CAPT child safety booklet for parents/carers

- ★ The Child Accident Prevention Trust (CAPT) lead Child Safety Week, offering advice and resources including this booklet for parents/carers - **Keeping children safe during lockdown and beyond**. It includes top tips, fact sheets, and activities to do with children; download here: cutt.ly/capt-parent-booklet.

- ★ Other useful information can be found on their website: www.capt.org.uk



Useful links

Returning to school after lockdown

Gov guidance for parents/carers:

cutt.ly/gov-guidance

Illustrated story for younger children about 'Going to school in a bubble':

cutt.ly/illustrated-book

Advice for parents/carers on supporting your child as they return: cutt.ly/supporting-school-return

Activities to do at home

Try our some 5-minute crafts:

cutt.ly/5-minute-crafts

'Try this at home' activities from the National History Museum: cutt.ly/nhm

Simple, healthy recipes for kids:

cutt.ly/bbc-recipes

Things to do at home & in the garden:

cutt.ly/national-trust

Fun ideas from Countryfile: cutt.ly/countryfile

Home learning resources

Compass celebrity learning timetable:

cutt.ly/learning-timetable

Free education & fun downloads for children:

cutt.ly/free-activities

Info and education resources for children and young people with SEND:

cutt.ly/SEND-education

STEM home learning resources:

stem.org.uk/home-learning

COVID-19 family guidance

Compass info & resources for parents/carers:

cutt.ly/coronavirus-parents-carers

Resources for people with autism and families: cutt.ly/autism-resources

Information for Warwickshire families: warwickshire.gov.uk/fis

Support accessing food:

cutt.ly/accessing-food-advice

Refuge Domestic Abuse Service Warwickshire:

Call 0800 408 1552

cutt.ly/refuge-warwks

Emotional and mental health resources

Resources for professionals, parents/carers and young people: camhs-resources.co.uk

Every Mind Matters: Coronavirus & wellbeing
nhs.uk/oneyou/every-mind-matters

Young Minds Coronavirus support:

cutt.ly/young-minds-coronavirus

RISE resources: cwrise.com

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline (now just one number):

02476 641 799



Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing: get in touch using the details below for free, confidential advice.

Parents/carers

Service mainline: 03300 245 204

Text Parentline: 07520 619 376

Children/young people aged 11–19 years

Text ChatHealth: 07507 331 525

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?



www.compass-uk.org/services/warwickshire-school-health-wellbeing-service