

Warwickshire School Health Update w/c 15.06.2020

Compass



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.

It's Wellbeing Wake-Up time! Get involved with the latest activities to promote wellbeing as a family: cutt.ly/wellbeing-wakeup-5

Top tips for a healthy lifestyle during the coronavirus outbreak

- If you're spending more time at home, take the opportunity to find new tasty, healthy recipes to cook together as a family. Change4life have a wide selection: nhs.uk/change4life/recipes.
- Make a healthy picnic (e.g. a sandwich, wrap or pitta, plain yogurt and a piece of fruit) and enjoy in the garden or somewhere outdoors. Here's some packed lunch inspiration from BBC GoodFood: bbcgoodfood.com/recipes/collection/lunchbox
- With the weather getting warmer, it's important to stay hydrated. Aim for 8 glasses of water every day.
- Watch the snacking. Snacking can be great to keep us going throughout the day, but be mindful of your choices. Some healthy snack options include:
  - Hummus and vegetable sticks.
  - Fruit and a small portion of nuts.
  - Plain yogurt and fruit.
  - Oatcakes and cottage cheese.
  - Boiled egg and rice cakes.
- Try and get outdoors for some daily exercise. This could be a bike ride, a walk, or taking a ball to the park and playing games.Make sure you schedule some type of exercise into your day you like you would an appointment.
- Fast food restaurants are starting to open up again, but why not try and make your own takeaway at home? Jamie Oliver has some great 'fake-away' recipes: jamieoliver.com/family/fakeaways
- Grow your own. Have a go at growing your own fruit and veg; perhaps grow something you have never tried before. Children can learn where their food comes from and watch their seeds grow. June is a great month for growing:
  - French & runner beans
  - Maincrop peas
  - Beetroot
  - Carrots
  - Turnips
  - Swedes
  - Cauliflowers
  - Chicory
  - Sweetcorn
  - Squash
  - Courgette & marrows



Useful links

Returning to school after lockdown

Back to School Coronavirus Story:
cutt.ly/back-to-school-story

Gov guidance for parents/carers:
cutt.ly/gov-guidance

Animation for children 'While we can't hug':
cutt.ly/while-we-cant-hug-video

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

Activities to do at home

Make a miniature book:
cutt.ly/make-miniature-book

Summer fun from Lidl:
lidl.co.uk/summer/fun

Kids' stories and poems with Michael Rosen:
cutt.ly/michael-rosen

Emotional and mental health resources

Childline coronavirus support & info:
cutt.ly/childline-coronavirus

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

List of mental health resources:
cutt.ly/list-mh-resources

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

Austism Little Learners COVID-19 resources: cutt.ly/autism-little-learners

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

Home learning resources

Free spelling app: sirlinkalot.org

Open Library: openlibrary.org

Home Learning Fun Facebook group:
cutt.ly/facebook-learning-fun

Info and education resources for CYP with SEND:
cutt.ly/SEND-education

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline:

02476 641 799 between 8am and 8pm
0300 200 0011 outside these hours

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**



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