

Warwickshire School
Health & Wellbeing Service

January 2021 Newsletter

Compass

A monthly update from your school nurse team



In our latest school health update, we've focused on finding resources and advice for families following the announcement of a third national lockdown with school closures. Remember; it's not unusual to feel upset or overwhelmed, and we're here to support you as a family, alongside many other services detailed throughout this newsletter.



Lockdown No.3 support guide

For parents/carers

- NSPCC have shared advice articles on topics that will be on the minds of most parent/carers looking after children during lockdown. A few examples: online safety, staying home alone, working from home and supporting SEND children. Access here.
    - Find out more about your rights as a working parent/carer, and remember, you can contact Citizens Advice if you feel your employer isn't treating your fairly.
- If you think your child is unhappy or are worried about their behaviour, it may help to read this Young Minds Parenting Survival Guide.
- The BBC Parent Tookit is full of advice for looking after your and your family's wellbeing during lockdown.

Homeschooling

- If you are struggling to find enough tech to go round for virtual learning, find out about low-cost/repurposed devices that can be used. Speak to school, too, as they may be able to apply for tech or mobile data on your behalf.
- For those looking to supplement school-provided materials and virtual lessons, the BBC are now showing curriculum content on TV every weekday. There will be primary school materials from 9am to 12pm on CBBC, with at least two hours of programming to support the GCSE curriculum on BBC two. There's also loads of useful content for all age ranges on BBC Bitesize.
- If you're panicking about how tough you or your child find home-schooling, remember teachers ultimately want the same as you: for your child to be healthy and happy! The most important thing you can do is love and support them.

Staying well in winter

- Read the NHS advice on Vitamin D.
- Try to stay active, and keep the time you spend as a family special with winter walks, games, crafts and activities.

Take 2 minutes right now to focus on your wellbeing with **Dr Radha's five mental health tips for lockdown.**

Cervical Cancer Awareness Week: January 18th – 24th January 2021

Cervical Cancer Awareness Week is an opportunity to talk about what can be done to prevent as many cases of cervical cancer as possible.

One of the most important things you can do to protect your child against future cervical cancer while they are still young is to ensure they have the HPV vaccine. This should be offered to them when they are in school year 8 (aged 12-13). If they missed their HPV vaccine in year 8, they can still have it for free on the NHS up until their 25th birthday and this can be arranged through your GP. If your child's HPV vaccine has been delayed due to COVID-19, don't worry - just try to make sure they get it when they can. **Find out more about the HPV vaccine,** and read about how you can further reduce their risk of cervical cancer as they get older, as well as how to protect yourself if you're a woman or someone with a cervix, **here.**

What is HPV?

HPV stands for Human Papillomavirus. This is the name for a very common group of viruses. Many of us will have a HPV infection at some point, and often this will cause no symptoms and go away by itself. However, some types of HPV are known as 'high risk', and are linked to cancer. Other types cause warts, genital warts and verrucas.

High risk types of HPV can be found in more than 99% of cervical cancer cases, which highlights why the vaccine is so important. The vaccine also protects against types of HPV that cause genital warts, anal and genital cancers, and some cancers of the head and neck. For this reason, it's now offered to all genders. If your child is worried about getting the vaccine, it may help to explain exactly what it is and the conditions it can prevent.

Emotional and mental health

The news of a third lockdown with school closures has affected the mental health of many of us. The links below provide guidance and details of how to access support, and are regularly updated with advice on present situations.



For children and young people

Young Minds - mental health support

CW RISE - local mental health services

Childline - advice on many topics, free 24/7 supportline

NHS Every Mind Matters - mental health and self-care for young people

GOV UK - easy-read guide to looking after your feelings & body during COVID-19

The Mix - essential support for under 25s

For parents/carers

GOV UK - guidance for supporting CYP mental health during the pandemic

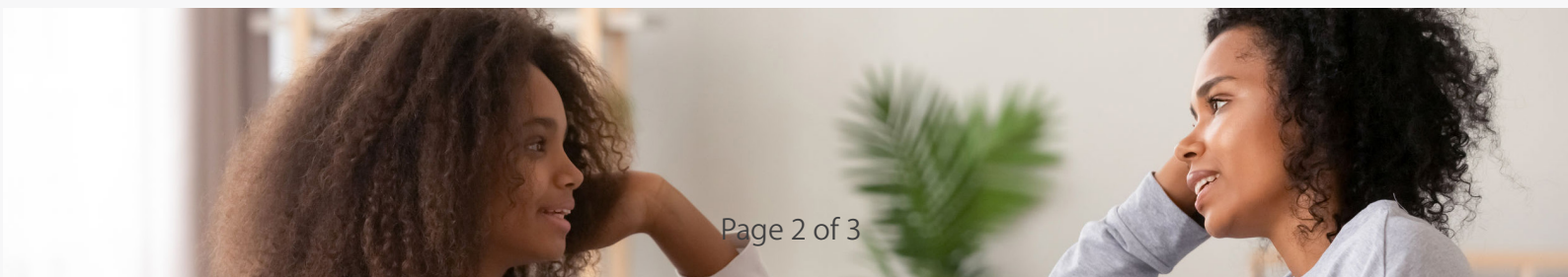
CW RISE - advice & support for parents/carers, including workshops & useful resources

Young Minds - help for parents/carers

NHS Every Mind Matters - looking after a child or young person's mental health

NHS Every Mind Matters - looking after your own mental health

For urgent support with mental health for children and young people, please call the RISE Crises team on: **02476 641 799** (8am and 8pm) or **0300 200 0011** (overnight)



Coronavirus (COVID-19)

We are now in another national lockdown. Find out exactly what that means in the latest government guidance.

Other useful links

NHS advice and symptom checker

WCC family guidance

Support accessing food in Warwickshire

Young Minds advice on talking to children about coronavirus

Coronavirus resources for people with autism



Our service update

Following the government's lockdown announcement, Warwickshire School Health are still available to support children, young people and families either by telephone, video call or our ChatHealth and Parentline confidential text messaging service. We are currently unable to meet with you face-to-face in most circumstances, and the National Child Measurement Programme due to commence in January has been suspended.

Please use the details below to contact us for support, or find out more on our **website.** Our office hours are Monday to Thursday 9am-5pm and Friday 9am-4.30pm. If you text outside these times, we will get back to you when the office is open again.

Parents/carers
Service mainline: **03300 245 204**
Text Parentline: **07520 619 376**

Young people 11–19 years
Text ChatHealth: **07507 331 525**

You can also refer your child to the service using our new referral form.



Additional support from Family Lives

Family Lives is an organisation we work with who can provide additional support to Warwickshire families around any aspect of family life via a free supportline, online chat, email support and online forums. **Find out more.**

Are you a parent/carer in Warwickshire?

Warwickshire County Council (WCC) is currently re-designing its Special Education Needs Local Offer webpages and need your help to participate in a co-production workshop facilitated by an independent lead. Following the first workshop, a second one is taking place to give an opportunity to get your key input on how WCC can improve the Local Offer. Additionally, there is an opportunity for parents/carers to input into the webpages by completing on online study.

The virtual workshop is taking place on Thursday 14th January 2021 (7.00pm to 8.00pm). If you'd like to attend or find out more, please get in touch with maggiehawker@warwickshire.gov.uk







