

# Warwickshire School Health & Wellbeing Service October 2020 Newsletter



## A monthly update from your school nurse team

WSHWBS will now be providing a monthly update for children, young people and families. We'll share the health and wellbeing advice and resources we think you will benefit from the most, as well as any service updates and details of how you can get support when you need it.

### Monthly Wellbeing

Evidence suggests there are 5 key steps to improving wellbeing: connecting with other people, staying active, learning new things, giving to others, and taking notice - being present in a moment and paying attention to your senses. We've put together some activities for all ages you can try throughout the month that can help you achieve these steps:

- 👣 The weather may be getting cooler, but that doesn't mean you can't still spend time outdoors. Put on your woollies and wellies and go for a brisk walk, taking in the sights and smells of autumn. Children could write a poem or paint a picture of their favourite scenes when they get home.
- 🍲 Try some seasonal recipes. Young people could try taking the lead on making a family dinner, while children and parents/carers can enjoy some time in the kitchen together. Here are some healthy autumn cooking recipes - [cutt.ly/BBCGf-healthy-autumn-recipes](https://cutt.ly/BBCGf-healthy-autumn-recipes) - and some delicious autumn baking recipes - [cutt.ly/BBCGf-autumn-baking](https://cutt.ly/BBCGf-autumn-baking).
- 🌿 Connect with nature with some autumn crafts from CBeebies - [cutt.ly/cbeebies-autumn-crafts](https://cutt.ly/cbeebies-autumn-crafts) - and RSPB - [cutt.ly/rspb-activities](https://cutt.ly/rspb-activities).
- 📖 It's Black History Month - a great opportunity to expand our knowledge and recognise the role and achievements of Black people in the UK over generations. Start learning here: [bbc.co.uk/newsround/49883230](https://bbc.co.uk/newsround/49883230)
- 👻 Have some Halloween fun! Trick or treating isn't safe this year because of coronavirus, but that doesn't mean you can't still get involved in some spooky festivities.
  - 👻 There are lots of crafts and games for children to get stuck into here: [bbc.co.uk/cbeebies/curations/halloween](https://bbc.co.uk/cbeebies/curations/halloween).
  - 👻 Or you could get dressed up with some spooky snacks and watch a family-friendly Halloween film: [cutt.ly/ghk-family-halloween-films](https://cutt.ly/ghk-family-halloween-films).
  - 👻 Young people could try hosting a virtual Halloween party using a group video calling programme - you could include a fancy dress competition, make a Halloween quiz, or do some virtual group Halloween baking.

## World Mental Health Day



Mental health affects us all year round, and is something it's always important to talk about. Taking place on the 10th October, World Mental Health Day is a great opportunity to show our support for promoting better mental health for both ourselves and others. Find out how you can get involved with the Young Minds #HelloYellow campaign here: [cutt.ly/hello-yellow](https://cutt.ly/hello-yellow)

## Stoptober



Stopping smoking is one of the best things you can do for your health. There's no time better than now to quit, so why not join in with Stoptober?

You can access great support and resources from the NHS here:

[nhs.uk/better-health/quit-smoking](https://nhs.uk/better-health/quit-smoking)

And if you're a young person aged 25 or under, Compass can support you with quitting; get the contact details here: [compass-uk.org/services/warwickshire-cypdas](https://compass-uk.org/services/warwickshire-cypdas)

## Emotional and mental health

Lots of children and young people may struggle with their mental health at some point. It's important to know that you're not alone, it's OK to tell someone how you are feeling, and there are lots of people around to support you. Here are some links for support and advice if you are struggling with emotions, anxiety or low mood:



### For children and young people

[youngminds.org.uk](https://youngminds.org.uk) - mental health advice and support.

[cwrise.com](https://cwrise.com) - local mental health services - contact details and resources.

[childline.org.uk/info-advice](https://childline.org.uk/info-advice) - advice on lots of topics relating to wellbeing, and details of how you can contact Childline.

### For parents/carers

[cutt.ly/gov-uk-covid-supporting-cyp-mental-health](https://cutt.ly/gov-uk-covid-supporting-cyp-mental-health)

[cwrise.com/advice-for-parents-covid-19](https://cwrise.com/advice-for-parents-covid-19)

[youngminds.org.uk/find-help/for-parents](https://youngminds.org.uk/find-help/for-parents)

[nhs.uk/oneyou/every-mind-matters/childrens-mental-health](https://nhs.uk/oneyou/every-mind-matters/childrens-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

The situation with coronavirus is changing all the time, but the fact remains the best ways to stay safe are to wash our hands, stay physically distanced from others, and wear a face mask in enclosed shared spaces (unless you are exempt). It's also essential to follow any local restrictions that may be put in place, and to self-isolate if you are told to or if someone in your household has [symptoms](#).



You can get the latest government guidance here: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

NHS advice and symptom checker: [nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

WCC family guidance: [warwickshire.gov.uk/information-coronavirus/coronavirus-children-families/1](https://www.warwickshire.gov.uk/information-coronavirus/coronavirus-children-families/1)

Support accessing food in Warwickshire: [cutt.ly/accessing-food-advice](https://cutt.ly/accessing-food-advice)

Young Minds advice on talking to children about coronavirus: [cutt.ly/talking-about-coronavirus](https://cutt.ly/talking-about-coronavirus)

Coronavirus resources for people with autism: [cutt.ly/autism-resources](https://cutt.ly/autism-resources)

## 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 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/wshwbs](http://www.compass-uk.org/services/wshwbs)

