

Monthly Newsletter

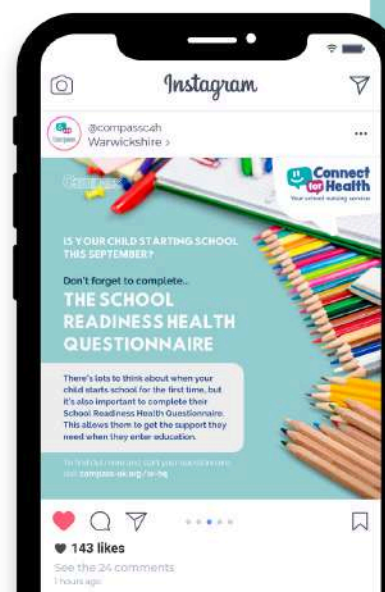
June Edition 2024

Let's talk about ...

- The School Readiness Health Questionnaire has been launched - if you have a child starting school in September, complete your questionnaire today
- Transitioning to Primary School - Top tips for getting your child ready
- Child Safety Awareness Week
- World Continence Week - Children's continence support from C4H
- Learning Disability Week 2024
- Useful contacts and resources

Want to make sure you don't miss health & wellbeing updates from your school nursing team? [Sign up here!](#)

The School Readiness Health Questionnaire has now launched!



Is your child starting school in September?

DON'T FORGET THEIR SCHOOL READINESS HEALTH QUESTIONNAIRE

There's lots to think about when your child starts school for the first time, but it's important to complete their School Readiness Health Questionnaire so that they can receive the support they deserve.

[COMPLETE ONLINE](#)

WHAT IS THE QUESTIONNAIRE FOR?

If your child is due to attend a Warwickshire school, you should complete the School Readiness Health Questionnaire online by the time they start. It helps identify if they have any health and wellbeing issues that they may require support with in order to reach their full potential as they enter education.

WHO WILL READ MY ANSWERS?


Your completed questionnaire is sent to Connect for Health, your school nursing service who takes over from Health Visiting when your child starts school. Your answers are treated confidentially and stored online. Based on your answers, you will be offered advice and support as well as the opportunity to contact the team for further support.

LEARN MORE AND GET STARTED!

To find out more and start your questionnaire, visit compass-uk.org/for/hs or scan the QR code.

Call us: 02000 248 204
Email: connectforhealth@compass-uk.org

[SCAN HERE](#)



Is your child starting school in September?

DON'T FORGET THEIR SCHOOL READINESS HEALTH QUESTIONNAIRE!

There's lots to think about when your child starts school for the first time, but it's important to complete their School Readiness Health Questionnaire so that they can receive the support they deserve.

Complete online

WHAT IS THE QUESTIONNAIRE FOR?

Parents and carers who have a child due to start school for the first time in 2024, at a Warwickshire school, should complete the School Readiness Health Questionnaire. It helps to identify if they have any health and wellbeing needs that they may require support with in order to reach their full potential as they enter education.

WHO WILL READ MY ANSWERS?

Your completed questionnaire is sent to Connect for Health, your local school nursing service who take over from Health Visiting when your child starts school. Your answers are treated confidentially and stored securely online. Based on your answers, you will be offered advice and guidance, as well as the opportunity to contact the team for further support.

The questionnaire is filled out online and it takes approximately 5-10 minutes to complete. You can access it using your smart phone, tablet, a laptop or computer.

To start your questionnaire - click the button below.

[Start your questionnaire now](#)

Compass

Call us: 03300 245 204

Email: connectforhealth@compass-uk.org



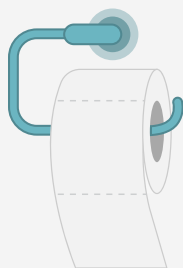
TRANSITIONING TO PRIMARY SCHOOL

How to get your child ready: top tips



Communication Skills

Help develop your child's communication skills by playing, talking, singing and reading regularly with them.



Independent Toileting

Encourage your child to be as independent as possible with toileting: wiping themselves, flushing the toilet and washing their hands with adult supervision.



Social Skills

Provide opportunities for your child to play with other children to support their emotional development.



Bedtime Routine

Ensure that your child has a good routine when it comes to bedtime. A good night's sleep will help your child cope with the demands of the school day.



Independent Dressing

Encourage your child to be as independent as possible by practising dressing and undressing themselves. Elastic waistbands and Velcro shoes can help build your child's confidence with these tasks.



Self-Management

Encourage your child to tidy up their belongings at home. Your child will be expected to hang their coat on their peg and tidy the activities away that they have been playing with in the classroom.

The more your child practices these skills, the more their confidence will grow.
Watch our virtual **School Readiness parent/carer workshop**

[▶ WATCH NOW](#)

CHILD SAFETY WEEK

STARTS MONDAY 3RD JUNE 2024

Child Safety Week aims to help families build confidence and skills in managing the real risks to children's safety.



ROAD SAFETY

Children find it difficult judging the speed and distance of traffic until they're at least eight. Accidents peak around 12, as children start making independent journeys.

- If they're moving to a new school, help them practise the route over the holidays
- Where are the safe places to cross?
- What should they do if they see their bus and they're on the other side of the road?
- A mobile phone can be a big distraction - remind them not to use their phone or listen to music when crossing the road.



PREVENT POISONING

Cleaning products - helpful to you but can be harmful for children. Keep your chemicals out of reach - do you know what's lurking under your sink or next to your toilet?

Everyday painkillers - the most common way for a young child to be poisoned. Keep all medicines out of reach, ideally in a high or lockable cupboard. Watch out for painkillers left on the bedside table or in a handbag.



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EVERYONE IN
THE BURNS
UNIT WAS
THERE
BECAUSE OF
AN ACCIDENT

CHILD ACCIDENT PREVENTION TRUST



SAFETY AROUND DOGS

The bond between your child and your dog can bring fun and happiness to family life. We don't expect our dogs to bite, but any dog can bite if they feel they have no other option. Children are most likely to be bitten at home, by a familiar dog - luckily most bites are preventable.

- Keep you dog calm and happy and provide a safe space.
- Understand your dogs body language - if either your dog or child seems unhappy, calmly separate them.
- Teach your child to be calm and kind with your dog. Avoid shouting, teasing or restrictive cuddles.
- Teach your child to leave your dog alone when they are: sleeping, eating or having a treat, or have a toy they might not want to share.
- Teach your child the rules from an early age and keep explaining more as your child grows.

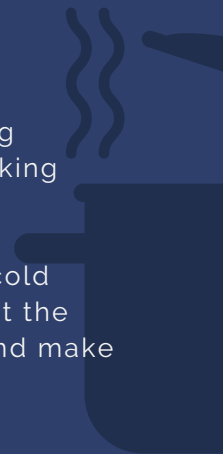


SAFE FROM BURNS

Hair straighteners can still burn 15 minutes after they are switched off - Keep out of reach and put them in a heat-proof pouch or on a high shelf to cool.

Cooking - children won't always pull away from something that's burning them. Try to keep young children away from the kitchen whilst you're cooking and always supervise older children.

Bath water scalds can happen in seconds - Put cold water in first then top up with hot and always test the temperature. Always supervise young children and make sure they do not fiddle with the hot water tap.



WORLD CONTINENCE WEEK | 17TH-23RD JUNE

CHILDREN'S CONTINENCE SUPPORT

Your Warwickshire School Nursing Service provides continence information and workshops to parents/carers to help them support their child with any toileting problems they may be facing.

Watch our online videos covering constipation, daytime wetting and night-time wetting.

 [WATCH NOW](#)

You can also refer into our service and attend our online parent/carer workshops delivered by our Family Brief Intervention Workers.

If your child is suffering with continence issues, fill out our referral form below and send it to Connect for Health.

[Download referral form](#)

9 in 10 children face issues with school toilets, causing anxiety and school absence.

GETTING READY FOR SCHOOL

For advice and support before your child starts schools, you can visit ERIC, The Children's Bowel & Bladder Charity website.

[Visit website](#)



For confidential health advice and support about your child, text one of our school nurses today on Parentline.

Text ParentLine: 07520 619 376



LEARNING DISABILITY WEEK 2024

People with a learning disability want to be seen, heard and valued.

This years theme is "Do you see me?"

Download the Mencap activity pack for the 2024 awareness day...

[Download now](#)

1.5 mil

There are 1.5 million people with a learning disability in the UK.

10%

Less than 10% of children with special education needs attend special schools in the UK.

2.5%

Approximately 2.5% of children in the UK are believed to have a learning disability.

HOW CAN I GET INVOLVED WITH LEARNING DISABILITY WEEK?

As an educator or parent/carer, you can get involved with Learning Disability Week by:

- Talking about the challenging barriers that people with a learning disability face. This can be done with children and young people in both the school and home environment.
- Learn more through education - do you know what the difference between a learning disability and a learning difficulty is?
- Share information through social media channels to help spread awareness and education.

Say hello to Michael!

Michael is challenging the barriers people with a learning disability face every day.

[Watch the video](#)

BEING A GOOD COMMUNICATOR

To be a good communicator with people with a learning disability you need to:

- Use accessible language
- Avoid jargon or long words that might be hard to understand
- Be prepared to use different communication tools
- Follow the lead of the person you are communicating with
- Go at the pace of the person you're communicating with
- Check you have understood and be creative



Useful Contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a children under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org