

Monthly Newsletter

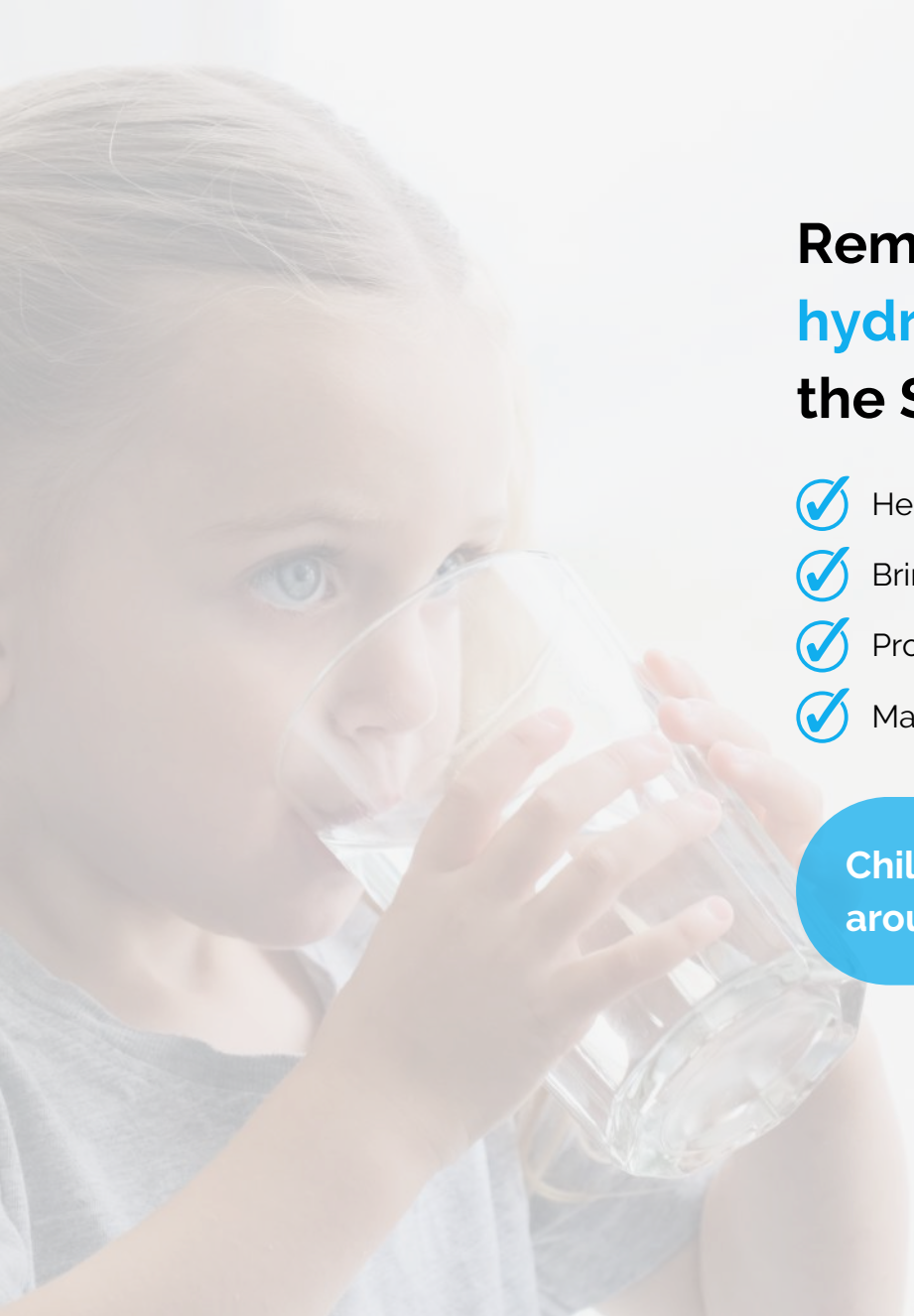
August Edition 2024

Let's talk about ...

- Staying hydrated throughout the Summer
- Staying safe around water
- Parentline confidential messaging service
- How to make a referral
- The Change Makers secondary school programme
- The School Readiness Health Questionnaire
- Useful Contacts



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



Remember to stay hydrated throughout the Summer

- ✓ Helps to digest their food
- ✓ Brings nutrients to their cells
- ✓ Protects their joints and organs
- ✓ Maintains body temperature

Children should aim to drink around 6-8 glasses of water a day.

Stay Safe - stop and think around water

46% of drownings occur in the Summer months - this rises to 75% in 13-17 year olds.

 <p>Stop & Think</p> <p>Is the area safe? Enter slowly and carefully. Are you a good swimmer?</p>	 <p>Stay Together</p> <p>Seek lifeguarded areas. Don't go too far. Stay within reach. Always be supervised.</p>	 <p>Emergency</p> <p>Stay calm. Float on your back. Call for help.</p>
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Who can I speak to over the Summer?

Do you need health **advice and support** for your child?

Text a school nurse for confidential health support and advice about your child.



07520 619 376

How do I refer into the service?



Parents and carers can still refer into Connect for Health over the Summer

Simply go to our website, download and complete a referral form and send it back to us.

The service will then be in contact about the support which can be provided for you and your child.

<https://www.compass-uk.org/services/c4h/>



Creating a **healthier future** for Warwickshire children

The Secondary School Programme delivered by the Change Makers Service is a 6 week intervention which allows young people to learn about healthy foods, individual portion sizes, the benefits of physical activity and healthier alternatives to their favourite foods.

Education

6 sessions were delivered each week where the young people were set a task and then they discussed how they could put what they had learnt into practice at home.

Exploration

They explored and sampled new foods, different methods of cooking and alternative physical activities to help support their healthy lifestyle.

Effect

The whole group made changes to their nutrition and physical activity, including making healthier versions of their favourite foods.

“Seeing them cooking, trying new foods and sharing those experiences with peers was amazing”.

“Just wanted to let you know how much our students enjoyed their sessions with you”.

The programme **educates** and **empowers** young people to explore ways to make **healthier choices** which they can then incorporate into their everyday life.



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



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