

# Monthly Newsletter

**September 2024 Edition**

Designed for parents, carers and schools in Warwickshire.  
Created by Connect for Health, your School Nursing Service.

## Let's talk about...

- Connect for Health, your School Nursing Service
- How to access C4H for support
- The Warwickshire RSHE Network for educators and professionals
- Top tips for before and after school routines
- National Fitness Day: 18th September
- National Eye Health Week: 23rd-29th September
- #AskAboutAsthma Campaign: 9th-15th September
- Resources of the Month Feature

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## Introduction

Welcome back for a new academic year, and a big hello to those who are new to education in Warwickshire.

This newsletter is created by Connect for Health, your School Nursing Service in Warwickshire.

We create and distribute a newsletter each month to provide health and wellbeing, information, advice and support to the families and schools across the county.

You'll read more about our service in this edition, if you feel you might need some additional support for any of your child's health and wellbeing needs, please contact us and we'll let you know how we can help.



# Introduction to Connect for Health

## Your School Nursing Service in Warwickshire

### WHO WE ARE

Connect for Health is a school nurse-led service that supports children, young people and their families in Warwickshire. We deliver key elements of the [Healthy Child programme](#), working to identify and meet the health and wellbeing needs of the school-age population and to give individuals the best possible start in life.



### HEALTH SUPPORT FOR FAMILIES

Our service is here for all school-aged children (aged 5 to 19, or up to 25 for individuals with SEND) and their parent/carers - regardless of whether they access education through a school setting.

Support can be provided in a way that suits you, including: individually, face-to-face or over the phone, in group workshops or via our confidential messaging services.

### WHAT WE CAN SUPPORT WITH

- Healthy eating
- Dental health
- Friendships and relationships
- Body image
- Bullying
- School anxiety
- Fussy eating
- Sleep
- Contenance
- Mental health
- Sexual health
- Long-term medical conditions
- Gender and sexuality
- Parenting
- Behaviour
- Referral to additional services

### CONTACT OUR SERVICE

Call us: **03300 245 204**

Email: [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)

Visit our website: [www.compass-uk.org/service/c4h/](http://www.compass-uk.org/service/c4h/)



# How to Access Connect for Health for Support



There are different methods which you can use to access support from Connect for Health for your child, or for a child or young person who you support. Parents/carers, educators and other professionals can all refer into our service.

## Text a nurse

You can use our confidential text messaging service to speak to one of our nurses about your child's health and wellbeing. Through this they'll be able to provide advice and information, and signpost you to additional services for your child's health needs.

**Call Parentline using:**  
**07507 331 525**

“What is both inspiring and reassuring is the importance given to the value of their public health role in helping to give children and young people the best start in life”.

*Rachel Bundock, Chief Executive, Compass*

## Make a referral

Visit our website to download a referral form. Parents/carers and school staff can refer a child into our service. Simply fill out the form, send back to us and we'll be in contact with the support we can provide for the child or young person.

## Call or email

You can send an email to our monitored inbox or phone our admin team directly for your query to be passed on to a practitioner.

### Our service open hours are:

Monday - Thursday (9am-5pm)

Friday (9am-4:30pm)

Saturday - Sunday (closed)

### Call our service using:

**03300 245 204**

### Email our service using:

**[connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)**

# The Warwickshire RSHE Network

## Relationships, Sex and Health Education

Relationships, sex and health education is a fundamental building block for healthy and respectful relationships. Communicating this effectively to children and young people is essential for their development and emotional independence. The RSHE Network provides an exceptional opportunity for collaboration, sharing best practices and gaining invaluable insights into local contexts to enhance student safeguarding within your curriculum.

### Who can join the RSHE Network?

We extend invitations for this network not only to PSHE Leads/PD Leads, but also to DSL's, ensuring a comprehensive whole-school approach to safeguarding. For non-school professionals, this network provides a unique opportunity to inform key decision-makers in schools about local issues that may necessitate referrals to your services.

### What do our members say?

*"The network has been a really positive outlet for discussion in the meetings. Cath presents us with vast amount of material that we are able to dip in and out of and use for best practice and it has been really positive to be a part of such a constructive group who are focused on making RSHE the best it can be for students. Issues are dealt with in a way that is proactive and seeking to advance the provision for all students. Personally one of the best sessions I attended was an organised talk by Everyone's Invited which was really inspiring and eye opening and make me book them in to deliver talks to all year 10-13 which were really well received and gave students exactly what they needed".*



#### Professional Collaboration

Collaborate with other professionals and share knowledge, experience and advice.



#### Sharing Resources

You will have access to a bank of free resources to help support your delivery of sensitive topics.



#### Training and Events

Take advantage of the training and events which we facilitate to help develop your roles.

### Contact Us

Visit our online form and register for the RSHE Network.

[CLICK HERE](#) 

Telephone: 03300 245 204

Email: [catherine.winton@compass-uk.org](mailto:catherine.winton@compass-uk.org)

<https://forms.office.com/e/bXgbqr0H7A>





Public Health Campaign

# National Fitness Day

18th September

Theme: 'Your health is for life'

National Fitness Day is an annual campaign by ukactive that highlights the role of physical activity across the UK. By raising awareness, we can assist everyone with leading a healthier lifestyle.

**As educators and parents/carers, it's important to facilitate and communicate the importance of physical activity to your children and young people.**



"Research indicates that inactive children are likely to become inactive adults, putting young people at risk of developing life-threatening conditions such as heart disease and cancer. This is why it's important to encourage exercise and keeping fit from a young age".

*Great Ormond Street Hospital for Children, NHS Foundation Trust*



## How to promote and encourage physical activity

- Put on some dance along videos on YouTube and let them copy the moves at home - there's lots for different age groups.
- Go on a walk and explore - you could even create a scavenger hunt for your local area.
- Take bikes and scooters to your local park - pack a picnic and make a day of it.
- Set up some games in the garden and make the most of any nice weather.
- If they're interested in starting an after school club, sign them up for something which is going to get them moving.
- Try to limit screen time so that they can focus on physical activities more.

## Key Benefits to Moving More



Develops strong muscles, bones and heart



Builds social and emotional skills through interaction



Improves sleep quality and duration



Supports balance and coordination



Helps to maintain a healthy weight and lifestyle



Boosts learning and development

Change Makers, your Healthy Lifestyles Service is here to support families and schools in Warwickshire - discover how they could support you on the next page...

# Creating a **healthier future** for Warwickshire children

The free programme that helps Warwickshire children, young people, and families live healthier lives.

The Change Makers service is part of Connect for Health, your school nursing service. They offer free support for healthy eating and lifestyles by helping you to change your eating habits and give you the tools to make healthier decisions in the future.

[Click here to download a referral form](#)

## Healthy Lifestyle Programme

The programme is designed around the concept of behaviour change. Helping children to adapt a healthier lifestyle. The programme is run after school with families for 7 weeks and each session is 60 minutes. The sessions are interactive and cover the following topics: Eatwell Guide, portion size, food labelling, physical activity, my healthy day, fruit and vegetables, sugar and oral health.



**"The children have absolutely loved the games. We've learned so much about healthy eating".**

*Feedback from a parent following the healthy lifestyle programme.*



## Parent Workshops

Our Fussy Eating parent and carer workshops are a one-off, 60 minute virtual session that covers a structured plan on how to encourage your child to eat a wider range of foods for those who have a limited diet.

## School Workshops

Change Makers offers school workshops for primary and secondary schools. The workshops are a one off 60-minute workshop looking at living a healthy lifestyle, covering both nutrition and physical activity. The workshops are interactive and provide tips on how they can embed what they have learnt into their daily lives.



**"He's tried loads of new foods. He's loved the snacks and eaten things he would never usually try".**

*Feedback from a parent following the 'fussy eating' parent/carer workshop.*



Contact us



03300 245 204



[connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)



Public Health  
Campaign

# National Eye Health Week

23rd - 29th September

**Promoting good eye health and regular testing for all.**

In the early years of your child's development, vision helps them to find out about the world, their home and their family.

Later, as they enter school, their eyesight allows them to learn and discover new things and access their education. Therefore, being able to see clearly is incredibly important to your child's overall development.

**Did you know that...**

**Your child should have their eyes tested before they start school?**

Opticians recommend getting your child's eyes tested before they start in full-time education at the age of 5 to identify any eyesight problems early.

**80%** of what is taught in schools is presented visually!



## Are children's eye tests free?

Yes - All children under 16, as well as those under 19 in full-time education, are entitled to an NHS funded eye test.

[Discover more about NHS funded eye tests.](#)

## Signs your child might need an eye test...

It's often difficult to tell whether your child has sight problems, which is why regular eye tests are so important. There are a number of signs which you can look out for which could indicate an issue...





# Book an eye test if you notice any of these signs!

## Does your child...?

- Strain their eyes or tilt their head to see better?
- Frequently rub their eyes?
- Lose their place while reading, or use their finger to guide their eyes?
- Complain about headaches or tired eyes?
- Consistently sit too close to the TV or hold a book too close to their face?
- Avoid activities such as reading or homework?
- Close one eye to read or watch TV?
- Avoid using a computer or tablet?
- Have the presence of a 'turn' in the eye or a misdirection of the eyes?



“Poor eyesight can cause learning and behavioural problems, which might be blamed on other things. This is especially true for young children, who may find it difficult to explain the difficulties they are having with their eyesight, or may not even be aware they have a problem. The sooner vision problems are detected, the better the outcome”.

*Specsavers, Eye Health & Testing Specialists*



## Screen time for your child

Digital devices such as laptops and tablets are important tools for learning and education, giving children and young people access to endless amounts of information and resources.

Unfortunately, if they use digital screens continuously without breaks or correct adjustments, this could have an impact on their eyes.



# Digital Eye Strain

Digital eye strain is a very common condition that occurs from prolonged screen time. Spending too much time focusing on devices means your child's eyes may become fatigued. Sitting too close to screens can also strain their eye muscles, while light glare reflected on digital devices can also make this worse.

## Symptoms to look out for are:

- Eye discomfort
- Headaches
- Sore or tired eyes
- Difficulty focusing
- Dry eyes
- Blurred or double vision
- Increased sensitivity to light



While it's not possible to eliminate screens for your child altogether, there are a few things you can do to help protect your child's eye health...

1

### Limiting Screen Time

Set a realistic limit for your child's screen time. Make sure to remember that this could include limiting a variety of digital devices.

2

### Stay Hydrated

Staying hydrated will help to avoid dry eyes, so it's good for children to keep a water bottle close by and topped up in school and at home for easy access.

3

### The 20.20.20 Rule

Your child should look away from their screen every 20 minutes, and look at something 20 feet away, for at least 20 seconds. This will help to relax their eye muscles and help reduce the risk of many symptoms of digital eye strain.

4

### Adjust Their Screen

It's also important to make sure that all devices are not held or positioned too close to their eyes. The screen should be slightly below their eye level, as looking up at screens widens the eyes and dries them out quicker. This will allow your child's eyes to focus properly at the correct distance.

5

### Media Free Time

Children should take breaks away from digital media everyday to help reduce eye fatigue. Parents could establish 'screen-free' time - instead of using devices your child could colour, go outdoors, play a board game - anything that does not involve a screen.

# Caring for your child's eye health: Top tips summary

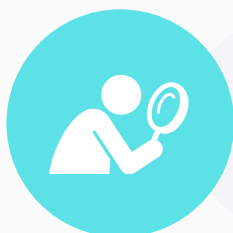
Follow these top tips to ensure that your child's sight has been appropriately checked and managed.

- 1** Ensure that your child has had an eye test before they start school, or as soon as possible afterwards.



- 2** Make sure to get your child's eyes tested once a year - even if there appears to be no problems.

- 3** Limit screen time to reduce digital eye strain, and use devices appropriately.



- 4** Look out for key signs and symptoms that your child may be having problems with their eye sight.

## Booking an eye test for your child in Warwickshire

The NHS recommend that children should have their eyes checked once a year, even if there appears to be no obvious issues with their eyesight.

This will allow an optician to check the health of their eyes and look for signs of other health problems.

To book an eye test for your child, you can search to find a local optician...

**NHS**

<https://www.nhs.uk/nhs-services/opticians/>





Public Health  
Campaign

# #AskAboutAsthma

9th - 15th September

**Theme: 'Helping children and young people with asthma to live their best lives'**

London's annual #AskAboutAsthma campaign is used to raise awareness about the **4 simple asks** that can make a big difference to how children and young people experience their asthma.

- Having an asthma plan
- Attending a regular asthma review
- Using inhalers properly
- Knowing how air pollution affects them

**1 in 11** students are affected by the condition

## How can you support a child or young person with asthma in school?

Asthma should not limit a child or young person's life in any way - good asthma control means having no symptoms.

Following the 4 simple asks means children and young people in your school can live their best lives.

Find out if your students have the 4 asks in place and encourage their parents/carers to speak to their child's GP, asthma nurse or pharmacist if they need additional support.



Did you know that...

**Asthma is the most common chronic medical reason why children and young people miss school.**

Asthma is the most common long-term medical condition affecting children and young people.

Many have badly managed asthma, with **over 20,000 admitted to hospital every year in England.**

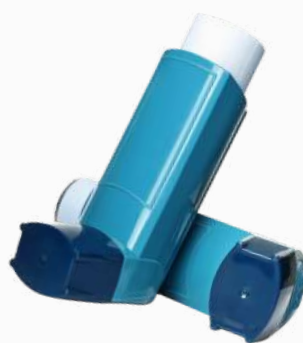
Over 4% of these admitted have had such a severe episode that they are sent to intensive care.



**Asthma can be seen as a stigma by some children, meaning they don't want to use their inhaler.**

Teachers and other staff can promote an inclusive classroom environment by teaching about asthma and common triggers more generally.

# Back to School and the Importance of Asthma Management



London's annual #AskAboutAsthma campaign is used to raise awareness about the 4 simple asks that can make a big difference to how children and young people experience their asthma.



## Set-up a doctors appointment

Ensure all prescriptions and your child's Asthma Action Plan are up-to-date. Have your doctor check your child's inhaler technique using the medication and a chamber.



## Speak to your pharmacist

As a partner in your child's healthcare, you can rely on your pharmacist to answer any questions about your child's asthma medication.



## Use the correct chamber

Studies show that those who use a valved holding chamber with their inhaler have better asthma control. Discover what chamber is right for your child's age and ability.



## Check your child's technique

Go over your child's inhaler technique with your doctor or pharmacist. A proper technique will ensure that they get the most out of their medication.



## Double up

Keep a set of your child's rescue medication and chamber at home, and at school. This ensure that it is never forgotten in the morning rush to head to school.



## Meet your child's school

Talk to them about your child's asthma, possible triggers and what to do if they experience symptoms or an asthma attack. Ensure they have an up-to-date copy of your child's Asthma Action Plan.



## Educate your child

Talk with your child about their asthma and any triggers they may experience at school. Ensure they know what to do at school should they feel their symptoms acting up.



## Help ensure it is under control

Ensure your child is taking their controller medication properly and monitoring their daily symptoms.



## Practice proper hygiene

Teach your child proper handwashing techniques and how to avoid germs when they're at school.

The full document is available from  
**TRUDELL MEDICAL**  
UK LIMITED

↓ **DOWNLOAD**

Visit the [Transformation Partners in Health and Care webpage](#) to learn more about the #AskAboutAsthma campaign and see what resources you can use to help support children and young people.

<https://www.transformationpartners.nhs.uk/askaboutasthma-2024/>

# Health Features Of The Month

September

Theme: Physical Health



## Download the free NHS Food Scanner app

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.



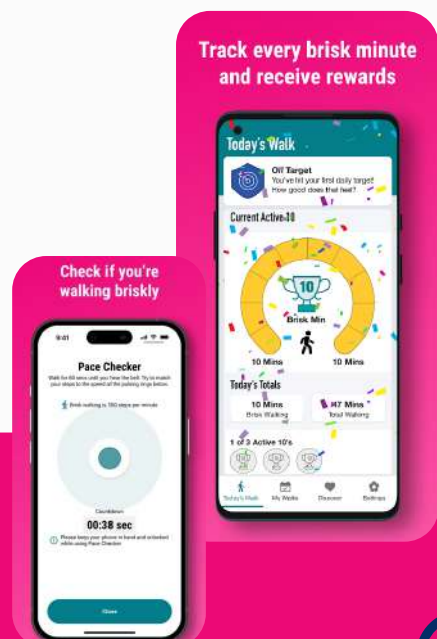
## Scan, Swipe, Swap

Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop!



## Download the free NHS Active 10 app

Anonymously record every minute of walking you do. Just pop your phone in your pocket and away you go!



## What can you do with the app?

- Tracks your steps
- Helps you set goals
- Shows you your achievements
- Gives you tips to boost your activity

Use these NHS apps to help your family lead a healthier lifestyle.

Search in your app store.

To stay fit and healthy, it's recommended you get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day.

# 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 children & 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](mailto:connectforhealth@compass-uk.org)**

Visit our website: [www.compass-uk.org/services/c4h](http://www.compass-uk.org/services/c4h)