

Monthly Newsletter

November 2024 Edition

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

Let's talk about...

- Anti-Bullying Week: 11th - 17th
- Odd Socks Day: 12th November
- National Self-Care Week: 18th - 24th
- National Stress Awareness Day: 6th
- 6 Ways to Manage Everyday Stress for Teenagers
- Bonfire Night: Be Burns Aware: 5th
- World Kindness Day: 13th
- The National Child Measurement Programme: Check your child's results
- Resource Feature of the Month
- Useful Contacts

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Introduction

This month we're promoting resources for a variety of campaigns including, Anti-Bullying Week, National Self-Care Week, National Stress Awareness Day and World Kindness Day.

With bonfire night approaching, we're also highlighting the importance of safety with sparklers, and what first aid treatment you should deliver to your child if they get burnt.

We also outline 6 strategies that teenagers and young people can use to manage their daily stress.

Should your child need support with their health and wellbeing, please contact your school nursing service.





Public Health
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Anti-Bullying Week

11th - 17th November

Theme for 2024: Choose Respect

"The theme of Choose Respect has come about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland".

"Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes".



The Anti-Bullying Alliance defines bullying as:

"The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face-to-face or online".

Bullying is not: 'falling out'...

"It's **common for children to have arguments** and friendships fall outs (often referred to as 'relational conflict') and they will need our guidance to resolve conflict, make amends, and move on".

Anti-Bullying Alliance, 2024



To watch a video explanation of the definition of bullying and its 4 key elements, [click here](#).

As a parent or carer, you play a vital role in helping your child recognise bullying and understand how you can help to stop it...

How do I know my child is being bullied?

You know your child best, so will be aware of any changes to their behaviour, or if something seems wrong. Some types of behaviour that might be an indication of bullying are:

- A reluctance to go to school
- Unexplained tummy upsets or headaches
- Showing signs of distress on a Sunday night or at the end of the school holidays
- Becoming quieter or more withdrawn than usual, or 'acting out' and getting in trouble more often
- Torn clothes or missing belongings
- Seeming upset after using their phone, tablet, computer, or other devices
- Wanting to leave for school much earlier than necessary or returning home late
- You may also find their sleep is disturbed, or they are showing signs of sadness or anxiety



For more information about how to educate your child about bullying and how to support them if they are being bullied or displaying bullying behaviours to other people...

[Click here to read the parent and carers pack created by the Anti-Bullying Alliance.](#)

Choose Respect

We know that the term 'respect' can mean different things to different people.

When we talk about respect, we talk about showing that you value someone, including valuing their feelings, views, and opinions, even if they differ from yours. We also talk about accepting and understanding others, giving them the same consideration you would expect for yourself.

Anti-Bullying Alliance, 2024

There are lots of ways that you can get pupils involved in Anti-Bullying Week:

- Allow a group of pupils to plan and deliver a school assembly or part of a lesson.
- Ask pupils what they think about bullying in their school community.
- Ask pupils what activities they'd like to see delivered during Anti-Bullying Week.
- Review the school's current Anti-Bullying Policy with pupil feedback, asking them what they think, if it's easy to understand, and if they have any suggestions.
- Pupils could plan fundraising events such as Odd Socks Day, a bake sale or a fun run.

BBC Teach | Live KS2 Lesson

BBC Teach want to empower your class to 'choose respect' this Anti-Bullying Week by taking part in a new KS2 Live Lesson.

The 30 minute interactive programme will feature special guest experts and curriculum-linked activities for 7-11-year-olds.

How to get involved:

Watch on Tuesday 12th November at 11am on BBC Teach at the link below or on CBBC.



Support and resources are available for your school to help deliver key messages to your pupils over Anti-Bullying Week.

[Click here to access the schools packs for 2024.](#)

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TEACH

LIVE
LESSONS



<https://www.bbc.co.uk/teach/live-lessons/articles/ztfxb7h#z7d9tcw>



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Odd Socks Day

Tuesday 12th November

What is Odd Socks Day?

Odd Socks Day marks the start of Anti-Bullying Week. It is designed to be fun! It's an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique.

All you have to do to take part is wear odd socks to your school, at work or at home - it's that simple!



How can schools get involved?

The Anti-Bullying Alliance have created free Odd Socks Day resources for 2024 which are available for schools to download.

[Click here to access your resources.](#)



National Self-Care Week

18th - 24th November

Theme: Mind and Body

Self-Care Week encourages people to practise self-care for a healthier, happier lifestyle.

Top tips for students to practise self-care...

Prioritise sleep

Set a routine

Eat nutritiously

Exercise

Meditate

Go for a walk

Drink plenty of water

Stay organised

Keep a journal



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National Stress Awareness Day

6th November 2024

Theme for 2024: Campaigning to reduce stress and improve wellbeing

#StressAwarenessDay

Everyone experiences feeling stressed at times. Stress is a normal response to changes and challenges - which we start to experience in early childhood.

Stress is usually linked to negative events or actions. However, positive events such as holidays, graduations, or new activities can also cause stress.

For children and young people, they can feel stress when there's something to prepare for, adapt to, or guard against. Change often prompts stress - even when it's a positive change.

When can stress be harmful?

Stress that is too intense, serious, long-lasting, or sudden can overwhelm a child or young person's ability to cope. Stress can be harmful when there is no break from it, or individuals lack the support or coping skills they need. Over time, too much stress can affect anyone's mental and physical health.

66% felt the most stress about **homework and/or exams**.
39% worried the most about **what people think of them**, and **25%** were worried the most about **bullying**.

Children's Commissioner. Survey asking almost 2,000 8-17 year olds about stress. March 2020.



Did you know that stress can sometimes be helpful?

In small amounts and with the right support, stress can be a motivating boost and help children and young people rise to a challenge, achieve their goals, focus their effort and meet deadlines. This kind of positive stress allows individuals to build resilience.

What can parents and carers do?

Help children feel safe and cared for.

A good way to offset stress. Provide a good, consistent routine, like the same bedtime, eating a meal together, or being there after school. Routines provide a rhythm that children and young people can depend on.

Teach coping skills.

Children should feel confident that they have the skills and knowledge to achieve their goals independently. Children of all ages can practise calm breathing and meditation.

Help them to take a break from stress.

Make time to play, draw or paint, spend time outside, read a book, play an instrument, be with friends and family. Activities like these can be fun and also promote positive emotions that offset stress.

Advocate for you child.

Sometimes stressors can be outside of your child's control and this may require you to step in and support your child directly with what is causing them to be stressed.

6 Ways to Manage Everyday Stress for Teenagers

You can't avoid stress, but you can do little things each day to keep your stress levels low.

Create a good balance.

Commit to working on your tasks and goals, but be sure to make time for things you enjoy. Even if it's for a short amount of time each day, this will help you relax and recharge.

Plan your day and stick to it.

Use a calendar or planning app to keep track of your schedule. Mark when you have tests, work and deadlines due. Block in time for work and fun activities.

Ask for help when you need it.

School tests and deadlines are a big source of stress for many individuals. It isn't always easy to manage a full work load, so it's important to ask people for help and support should you need it.

Eat healthy foods.

Choose good foods for you. You don't have to avoid sugar and treats completely, but if they're your main source of fuel, you're likely to crash and experience more stress.

Get enough sleep.

You might be tempted to stay up late and binge-watch Netflix. But without enough sleep, you're more likely to feel stressed and overwhelmed by daily ups and downs.

Exercise every day.

Exercise does more than just keep you fit and healthy, it's a way to manage stress, lower anxiety and depression, and make your mood more positive.



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



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Bonfire Night: Be Burns Aware...

5th November

Sparkler Safety Tips

Sparklers are fun and can often be viewed as harmless, but they do burn at high temperatures and can easily cause injuries. Here are some things you should be mindful of if using them this bonfire night...

- Light sparklers one at a time.
- Supervise children with sparklers and never give them to children under five.
- Hold it at arms length, especially while it is being lit.
- Don't wave sparklers too close to other people.
- Never hold a baby in your arms while you're holding a sparkler.
- When you have finished with the sparkler, put it in a bucket of cold water.

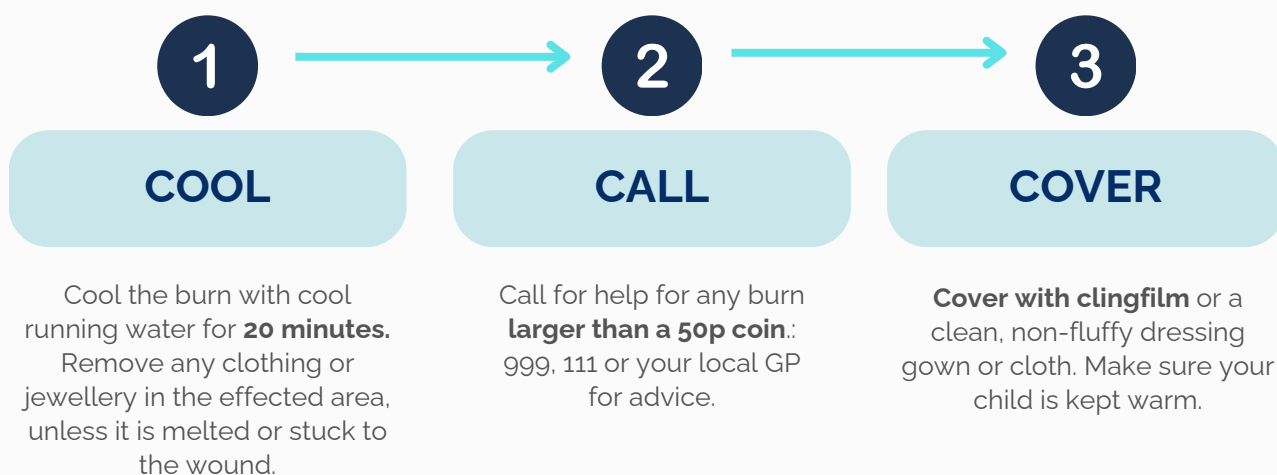


You can stick a sparkler into the end of a carrot, potato or other vegetable to make it easier for children to hold and less likely to burn themselves.

If your child was burned or scalded, would you know what to do?



Good first aid following a burn or scald can make an enormous difference in recovery times and the severity of scarring.





World Kindness Day

13th November

Did you know that kindness is actually contagious?

"The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!" Jamil Zaki, Assistant Professor of Psychology, at Stanford University for Scientific American, July 26, 2016

Kindness Bingo

Kindness bingo is a great way to get children to reflect on their acts of kindness and see the impact of their actions.

Say something kind to someone in your class.

Hold a door open for someone.

Pick up some litter of the playground and put it in the bin.

Smile at someone.

Tell your friend a funny joke to make them smile.

Say hello to someone new.

Help someone tidy up their things in class.

Thank a grown up for helping you.

Write a kind note for one of your teachers.

Invite someone new to play a game with you.

Write down 3 things you like about yourself.

Give a friend or a family member a hug.

The National Child Measurement Programme (NCMP)

For Reception and Year 6 Students

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools.

The NCMP has been running since 2006/7. The information gathered is used to help plan and provide better health services for children and to support public health initiatives.

To watch a video of what the NCMP is for and what your child will have to do, [click here](#).



If your child has already been measured as part of the National Child Measurement Programme, **you will be able to access their measurements by registering your email address in our secure parent/carer health needs assessment and NCMP portal:**

<https://www.compass-uk.org/primary-parent-sign-up/>

If you are struggling to access your child's measurements, please contact our service for further support.



Health Feature Of The Month

November

Theme: Self Care



Download the free Calm app

Download to help you sleep more, stress less and live mindfully with a range of science-backed content and activities for daily mental health support.



Download the free 5 Minute Journal app

Download The Five Minute Journal app to spend 5 minutes each day using proven principles of positive psychology.



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

Visit our website: www.compass-uk.org/services/c4h