

# Monthly Newsletter

**January 2025 Edition**

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

## Let's talk about...

- Healthy Relationships and Sexual Health Roadshows
- Year 9 Health Needs Assessment (HNA)
- Positive Mental Health: Blue Monday
- The Dry January Challenge
- Accessing Your Child's NCMP Results
- Health Features of the Month
- Useful Contacts

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## Introduction

Happy New Year! January has been a busy and exciting month for the school nursing service as we've been supporting children, young people, families and schools to start the year off with healthy habits.

Healthy relationships and sexual health roadshows have continued to be a big success in schools across Warwickshire, offering a multi-agency collaboration to communicate vital health messages to Year 9 students and above.

Our Year 9 Health Needs Assessment (HNA) has also led to interventions being delivered in schools to ensure that public health information is being digested by students.

We look forward to what the new year has in store for our service and the community we support.





# Healthy Relationships and Sexual Health Roadshows

**Delivered to Schools Across Warwickshire**

Healthy Relationships, Sex and Health Education for Young People.

## Promoting Healthy Relationships and Positive Sexual Health: The Roadshow for Warwickshire Schools

The Healthy Relationships and Sexual Health Roadshow is an exciting initiative designed to empower young people across Warwickshire with the knowledge and skills they need to navigate relationships and sexual health positively and responsibly. Tailored for students in Year 9 and above, this dynamic program offers an engaging, interactive learning experience delivered directly to schools.

### What the Roadshow Offers

The roadshow consists of a series of workshops that are carefully crafted to address key topics in healthy relationships and sexual health. Delivered by experts, each session provides students with the tools and insights necessary to make informed and healthy choices. Currently, our programme is delivered to small groups rotating around the various sessions, ensuring personalised attention and active participation.

### Topics Covered:

-  **Understanding healthy relationships:** Learning how to recognise and build healthy, respectful relationships, with support available from school nursing teams.
-  **Accessing sexual health services:** Guidance on how young people can access sexual health services in their community.
-  **Challenging misogyny and pornography:** An exploration of the impact of harmful influences on perceptions of relationships and sexuality.

If you would like to register your interest in hosting a healthy relationships and sexual health roadshow at your school for academic year 2025/26, please [click here to sign-up your school](#).



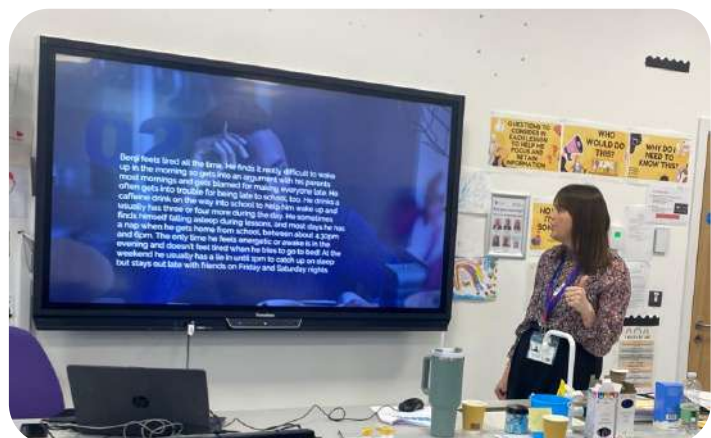
## Year 9 Health Needs Assessment

The Year 9 Health Needs Assessment (HNA) is an online questionnaire which we invite schools to participate with. The questionnaire allows the school nursing service to assess student's physical and emotional health and wellbeing. This then helps us identify any health areas which they need support with.

One of the interventions which we carry out following the HNA is the General Health Workshop, where we invite students to participate in an interactive session delivered by one of our nursing team.

## The General Health Workshop

Delivering the General Health Workshop to Year 9 students, we focus on empowering young people to make informed decisions about their health. The workshop highlights the importance of good sleep for physical and mental wellbeing, explores the impact of sugar and energy drinks on overall health, and raises awareness about the dangers of vaping. By combining expert knowledge with engaging activities, the team aims to promote healthy habits that will benefit students in the short-term and further into the future.





# Positive Mental Health

January - Blue Monday

**January is a wonderful time to nurture children's mental wellbeing and help them start the year on a positive note.**






As routines settle after the holidays, encourage open conversations about emotions, promote play and creativity, and support healthy habits like regular sleep and balanced nutrition.

Foster resilience by celebrating their efforts, no matter how small, and teaching them to embrace challenges as opportunities to grow.

Simple acts, like spending quality time together or practicing gratitude, can make a big difference. Let's make this January a month of joy, support, and strong mental foundations for children.



## Tips for encouraging positive mental health for children

-  **Establish a good routine** to provide structure and security - ensure regular sleep, mealtimes, and downtime to balance their day.
-  **Have open communication** in a safe environment - encourage children to express their feelings openly and without judgement.
-  **Promote physical activity** to boost their mood and reduce anxiety - activities like dancing, biking and other sports can be both fun and beneficial.
-  **Teach coping skills** and how to manage stress - deep breathing, mindfulness and journaling can help to focus on what they can control during challenging situations.
-  **Limit screen time** by balancing this with other activities like reading, outdoor play and hobbies - monitor content to ensure it's age-appropriate.

# The Dry January Challenge

Alcohol Change UK

**January is a month for new beginnings and changes  
- why not take part in the Dry January Challenge?**

Dry January is a health initiative that encourages individuals to abstain from alcohol for the entire month of January.

The aim is to help people reset their relationship with alcohol, improve their physical and mental wellbeing and raise awareness about the benefits of cutting back on drinking.

## **Suggestions for supporting young people and raising awareness about impact of alcohol:**

- Create a safe environment where young people feel comfortable discussing alcohol and its effects.
- Be honest and factual about the risks involved including the impact on health, relationships and decision-making.
- Demonstrate responsible drinking habits.
- Empower your child to make informed and independent decisions.
- Build a trusting relationship where young people feel comfortable seeking guidance.

## **Accessing your child's NCMP results online**

### **For Reception and Year 6 Students**

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.

**03300 245 204 or connectforhealth@compass-uk.org**



# Health Features Of The Month

January

Theme: Physical Health



## Try Dry: The Dry January App

Try Dry® the life-changing, science-based, totally free app (no ads!) for taking control of your drinking, created for and paid for by the charity Alcohol Change UK.



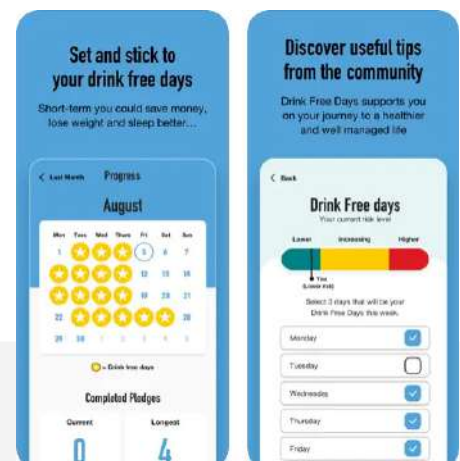
### Long-term Changes

Track your units and see your progress. Set goals that work for you and receive daily motivation from an app led by science.



## NHS Drink Free Days App

Make a pledge to take a few days off and you're more likely to follow it through and reach your goals.



### Understanding your limits

Pledge and nominate a specific number of drink free days each week and get practical, daily support to help you stick to it.

# 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)