

Monthly Newsletter

March 2025 Edition

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

Let's talk about...

- World Oral Health Day - Healthy Smiles Start At Home
- World Sleep Day - Building a Bedtime Routine
- Teen Sleep Matters - Tech Tips for Better Sleep
- World Book Day - Inspire a Love of Reading at Home
- Safeline's Parent Workshop - How To Keep Your Child Safe Online!
- International Women's Day
- Health resources feature of the month
- Useful contacts

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Introduction

This month, we're focusing on oral health, sleep and lifelong learning!

World Oral Health Day reminds us that healthy smiles start at home, while World Sleep Day highlights the importance of a consistent bedtime routine—especially for teens, who can benefit from tech tips for better sleep.

We're also celebrating the power of stories and the impact of World Book Day, with ideas to inspire a love of reading at home.

Finally we're recognising the achievements and contributions of women around the world on International Women's Day, with a special focus this year on Dame Deborah James who turned her diagnosis into a powerful movement.



Healthy Smiles Start At Home

As parents and carers, you play a vital role in helping your child build lifelong habits for strong, healthy teeth.

This year's theme reminds us that good oral hygiene is important for your child's overall wellbeing - "A happy mouth is a happy mind!"

Why Oral Health Matters

Did you know that poor oral health can affect a child's overall wellbeing, including their ability to eat, speak and even perform well in school?



Brush Twice a Day

Encourage your child to brush for two minutes, morning and night, using fluoride toothpaste.



Floss Daily

Cleaning between your teeth helps to prevent cavities and other health issues with your teeth and gums.



Healthy Snacking

Limit sugary snacks and drinks - water is the best drink for your teeth and overall health.



Regular Check-ups

Visit the dentist twice a year to catch any health problems early.



Tooth decay is one of the most common childhood diseases, but the good news is that it's largely preventable with the right habits.



Promoting Healthy Sleep at Home

Building a Bedtime Routine

Step One



It's best to start your routine at least 1 hour before bedtime.

Settling Down

Turn off any screens to reduce blue light exposure and let your child choose a calming activity like reading, colouring or a puzzle.



Step Two

Get Ready For Bed

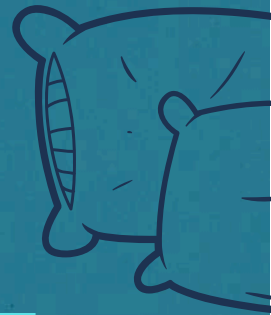
A warm bath can help soothe and settle your child before going to sleep.

Put some comfy pyjamas on and make sure they brush their teeth - help them with this step to ensure good dental hygiene.

Step Three

Create a Sleep Friendly Environment

Keep their bedroom cool, quiet and dark. Remove distractions such as noisy toys or screens. Some children may prefer a nightlight and some soft music/sounds to get to sleep.



Step Four

Set a Consistent Sleep Schedule

Go to sleep at the same time each night - even on the weekend. Help your child to understand that their body needs rest to play and learn better.



QUICK TIPS

- **Be a role model** - show your child that sleep is important by keeping your own bedtime routine.
- **Avoid sugary snacks and caffeine** - no chocolate, fizzy drinks or energy drinks before bed!
- **Encourage outdoor play** - daily physical activity helps children with their sleep.
- **Make bedtime fun** - use a bedtime chart and stickers to celebrate a good routine.



Teen Sleep Matters

Tech Tips for Better Sleep

Following these tips will help you to fall asleep faster, sleep better and wake up feeling more refreshed.



Set a "Tech Limit"

Turn off all screens (phones, laptops, tablets and TVs) at least an hour before bed to help your brain wind down.



Use Night Mode

Enable 'Night Shift' or 'Blue Light Filter' on your devices in the evening to reduce the impact of blue light on your sleep.



Move your Charger

Charge your phone away from your bed, out of arms reach to avoid the temptation of late night scrolling.



Mute Notifications

Use 'Do Not Disturb' mode or silence notifications overnight so messages and alerts will not wake you up.



Tech-Free Time

Replace screen time with activities like yoga, journaling, meditating or reading to help you relax before bed.



Avoid Social Media Before Bed

Scrolling through social media can be stimulating and sometimes stressful which is going to have a negative impact on the quality of your sleep.



Swap it for reading a book or listening to calming music or a podcast.



Celebrate World Book Day

Inspire a Love of Reading at Home!

As parents and carers, you can play a key role in developing a love of reading for your child at home.

Why reading matters:

Improves vocabulary and communications skills

Boosts imagination and creativity

Supports academic success in all subjects

Ways to Promote Reading at Home

- Read together daily** - Even 10-15 minutes a day makes a big difference. Let your child choose books they enjoy.
- Create a reading-friendly environment** - Have books available at home to encourage reading.
- Visit your local library** - make trips to the library a fun activity to explore new books.
- Try some audiobooks** - discover different ways to experience stories.





Safeline's Parent Workshop How To Keep Your Child Safe Online!

Online Safety Workshop



**Wednesday 9th April 2025
5pm - 6pm**

This workshop provides key knowledge around how social media/apps can be used safely and the risks/dangers of the online world.

If you would like to attend please confirm by emailing ramandeepd@safeline.org.uk
Please include your child's school name.

**Please join by going into Zoom and putting in
Meeting ID: 765 294 7590**





International Women's Day

#IWD2025 #AccelerateAction

**Connect
for Health**

Your school nursing service



Dame Deborah James

1981 - 2022

“

“Find a life worth enjoying, take risks, love deeply, have no regrets and always, always have rebellious hope. And finally, check your poo – it could just save your life”

Dame Deborah James

On #InternationalWomensDay, we're celebrating the incredible legacy of Dame Deborah James - a woman who turned her own diagnosis into a powerful movement, changing the way we talk about bowel cancer and inspiring millions.

Through her unwavering determination, she raised awareness, broke down stigmas and encouraged so many to seek help early. Though she is no longer with us, her impact lives on through @BowelBabeFund, which continues to fund ground-breaking research, support life-saving initiatives and bring hope to those affected by cancer. Dame Deborah's story is a reminder of the power of one voice to spark change.

We honour her by continuing to raise awareness, supporting vital research, and looking out for our own health.

Because as she always said—'Rebellious hope always wins.'

Health Features Of The Month

January

Theme: Physical Health



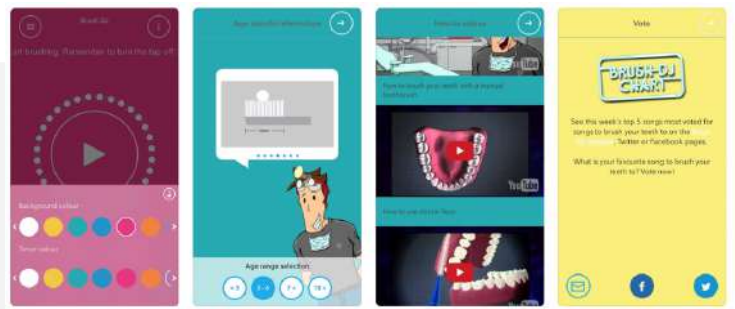
Brush DJ App

The free multi-award winning Brush DJ app is suitable for use by all ages and is recommended in the NHS 'Delivering Better Oral Health toolkit'. This toothbrush timer app plays 2 minutes of music from your devices, cloud or streaming service - to make toothbrushing for an effective length of time less boring!



Dentist & NHS approved

Brush DJ has been developed by a dentist for anyone wanting to reduce their risk of gum disease and tooth decay.



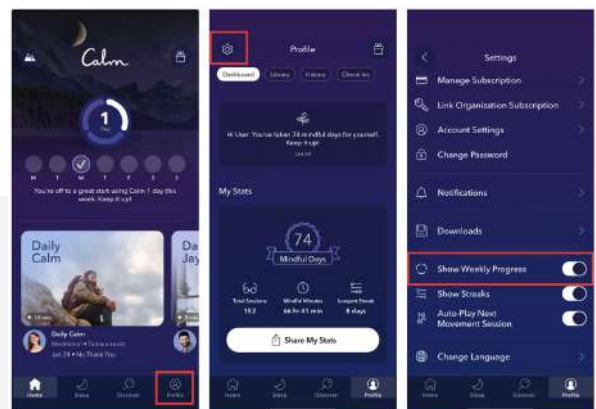
Calm App

The #1 app for sleep, meditation and relaxation.



Stress Less. Sleep More.

Get in the moment relief for stress and anxiety so you can get back to your day and fall asleep naturally and peacefully.



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