



A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

Useful links

Coronavirus family guidance

A free book explaining Coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler: cutt.ly/free-book

Information for Warwickshire families: warwickshire.gov.uk/fis

Support accessing food: cutt.ly/accessing-food-advice

Activities to do with children during social distancing and self-isolation

cutt.ly/cbeebies-indoor-activities
cutt.ly/kids-nature-activities
cutt.ly/free-craft-activity-packs
cutt.ly/bbc-home-activities-for-kids

Keeping families active at home

cutt.ly/joe-wicks-pe
cutt.ly/dance-with-oti

Emotional and mental health resources

Young Minds Coronavirus support: cutt.ly/young-minds-coronavirus

RISE resources: cwrise.com

Coping calendar: actionforhappiness.org/coping-calendar

In response to the current situation, CW RISE (Coventry and Warwickshire's mental and emotional health services for children and young people) are now offering a 24/7 support line for children and YP struggling with difficult emotions.

To access this, please call:

Children's Crisis Team at Whitestone on **02476 641 799** between 8am and 8pm

Coventry Crisis Team on **02476 938 000** between 8pm and 8am.

This week's feature: Connecting with others

During this time, it might feel like it's difficult to connect with others in the same way that you used to. Connecting with others is really important for our wellbeing: it can make our moods better, give us a sense of purpose and stop us feeling isolated. That's why we want to share some ideas and tips for connecting with others despite everything that's going on.

Connecting remotely

A special phone or video call

Talking on the phone or on a video call can be a great way to connect with friends and relatives. To make it extra special, children can try making up a song and/or dance or coming up with a story to share with loved ones during the call. You can see a list of free group video calling apps here - cutt.ly/best-video-call-apps.

'Pub' quiz or book club

Lots of young people and families are already enjoying group video calls with friends and relatives. A fun idea is to have a 'pub quiz' evening. Each person on the call does hosts a 'round', thinking of 5-10 questions on a topic they find interesting. Or try a book/TV/film club where each person takes it in turns to give the group something to watch or read, then discuss in the next video call.

Connecting at home

Sometimes we don't realise we aren't connecting with the people in our home as much as we could be. Try spending time talking without the distraction of any technology. It can also be nice to do activities together that don't involve screens - make a meal together, do some crafts or drawing, or perhaps try out some yoga!

Make and send a virtual card!



Children and young people can show loved ones they are thinking of them by making a special card. Once it's finished, take a picture (with help from parents/carers) and send it to the loved one!

You can make your card from scratch, or print out, colour in and write a message on one of our templates:

cutt.ly/bee-card (easier)

cutt.ly/flower-card (easy)

cutt.ly/hot-air-balloon-card (harder)

Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing. Please get in touch using the details below for free, confidential advice.



Parents/carers

 Service mainline: 03300 245 204

 Text Parentline: 07520 619 376

Children/young people aged 11-19 years

 Text ChatHealth: 07507 331 525



www.compass-uk.org/services/warwickshire-school-health-wellbeing-service