



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.

Our team have a special message for you! Click here to see what they have to say:

cutt.ly/wshwbs-youtube

Mental Health Awareness Week 2020: Showing Kindness

This week is Mental Health Awareness Week and the theme is kindness. In this isolating time, a small act of kindness can make a huge difference in someone else's day. It's also important we show kindness to ourselves through 'self-care'.

Ideas for showing kindness to others

- ★ Children/young people - offer to help out with the chores without being asked.
- ★ Write a 'thank you' letter to your postman or someone else who has been helping you.
- ★ Tell someone three things you love about them.
- ★ Feed the birds.
- ★ Draw a picture or make a kindness stone for a friend or neighbour.
- ★ Hide little messages around the house for family members to find.
- ★ Write and send a letter to a grandparent or elderly relative.
- ★ Give everyone you see a big smile.

Make a Kindness Poster!

Print off our template, fill it with your favourite ideas for being kind to yourself and others, then colour it in and put it up: cutt.ly/kindness-poster



Ideas for showing kindness to yourself

- ★ Try not to criticise yourself if you have some days when you aren't as productive as you would like. Instead, focus on the things you have achieved, no matter how small, and remember that these very unusual circumstances are affecting us all.
- ★ Manage your days by making a checklist of things you want to do and cross them off as you complete them. On a weekend or 'break day', include lots of things you enjoy, like baking, art, video calls or even watching TV!
- ★ Don't be afraid to seek help if you need it. Lots of us think 'Others have it worse, they need the help more than me' - but the truth is you deserve help too. Contact one of our nurses via the details overleaf, and visit the websites below for support and guidance.
- ★ Stay active - physical activity releases endorphins and can boost our mood. If you don't feel like exercising, put your headphones in and walk to the end of your road (check it's safe with your parent/carer first). You can then go further if you feel like it, or come home if you don't.

Mental health resources: Young Minds cutt.ly/young-minds-coronavirus CW RISE cwrise.com
Mind cutt.ly/mind-coronavirus Every Mind Matters nhs.uk/oneyou/every-mind-matters

Useful links

Activities to do at home

Garden activities:

cutt.ly/rhs-garden-activities

cutt.ly/gardeners-world-kids-projects

Make a COVID-19 time capsule:

cutt.ly/time-capsule

Try some simple, healthy recipes for kids:

cutt.ly/bbc-recipes

Bird-themed activities & games: cutt.ly/rspb

Things to do at home & in the garden:

cutt.ly/national-trust

Fun ideas from Countryfile: cutt.ly/countryfile

COVID-19 family guidance

Parenting support for Warwickshire families during COVID-19: cutt.ly/parenting

Compass info & resources for parents/carers:

cutt.ly/coronavirus-parents-carers

Resources for people with autism and families:

cutt.ly/autism-resources

Information for Warwickshire families:

warwickshire.gov.uk/fis

Support accessing food:

cutt.ly/accessing-food-advice

How to help your teenager stay home during lockdown: cutt.ly/teens-stay-home

Refuge Domestic Abuse Service Warwickshire:

Call 0800 408 1552



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: 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

Home learning resources

bbc.co.uk/bitesize/dailylessons

Compass celebrity learning timetable:

cutt.ly/learning-timetable

Art activities, learning & games:

tate.org.uk/kids

Free education & fun downloads for children:

cutt.ly/free-activities

Online learning from Canal & River Trust:

cutt.ly/canal-river-trust

Learn about space with CBeebies Stargazing:

cutt.ly/cbeebies-stargazing

Info and education resources for children and young people with SEND: cutt.ly/SEND-education

STEM home learning resources:

stem.org.uk/home-learning

Emotional and mental health resources

Resources for professionals, parents/carers and young people: camhs-resources.co.uk

Every Mind Matters: Coronavirus & wellbeing

nhs.uk/oneyou/every-mind-matters

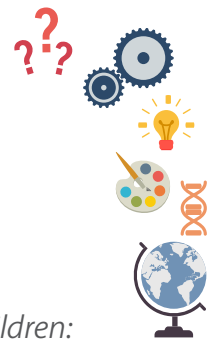
Young Minds Coronavirus support:

cutt.ly/young-minds-coronavirus

RISE resources: cwrise.com

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline (now just one number):

02476 641 799



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

