



## 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.

### Staying Safe Online

The internet is a brilliant resource for young people, enabling them to learn information about a vast range of topics, explore new interests with like-minded people, and stay connected to family and friends. However, there are also risks to using the internet, so it's important to talk openly as a family about ways to stay safe. To support this discussion, we've put together some top tips and further resources.

#### Top tips for staying safe online:

- 🔒 Keep your social media accounts set to 'private', so that only people you connect with can see your posts. Stay as anonymous as possible – even sharing your school could put you at risk. The whole family can learn about different social media networks and appropriate safety measures by visiting [net-aware.org.uk](https://www.net-aware.org.uk).
- 🔒 Check your location settings. Don't allow apps to access your location by default, and only share your location with close friends and family – and then only if you feel comfortable.
- 🔒 Keep your passwords safe. Don't write them down or share them. A good way to set secure passwords is to use a unique memorable phrase, such as 'PurpleCactusMug' or 'HairyEagleTree'.
- 🔒 Think before you post. Would you be happy for a parent/grandparent/teacher/future employer to see what you're posting? Express yourself in a way that reflects how you would want a wide spectrum of people to see you.
- 🔒 Be kind. Cyberbullying can have a serious effect on someone's wellbeing, regardless of whether it takes place anonymously. Treat people how you would want to be treated.
- 🔒 Not everyone is always who they say they are. Although some people do make new friends over the internet, some individuals create fake personas, which can make meeting in person very dangerous. Never arrange to meet or share personal details without talking to a trusted adult first.
- 🔒 Think critically about everything you encounter online. From news articles to 'special offers', there's lots of false information out there. Fact check by finding other sources for information. If an offer or 'competition win' seems too good to be true, chances are it's a scam – don't share any personal details.

#### Further resources

[cutt.ly/bbc-online-safety](https://cutt.ly/bbc-online-safety)

[cutt.ly/safety-net-kids](https://cutt.ly/safety-net-kids)

[cutt.ly/childline-online-safety](https://cutt.ly/childline-online-safety)

[net-aware.org.uk](https://www.net-aware.org.uk)

[thinkuknow.co.uk](https://www.thinkuknow.co.uk)

[internetmatters.org](https://www.internetmatters.org)

⚠️ If a child is being groomed or harassed online, make a report and get help here: [ceop.police.uk](https://www.ceop.police.uk)

#### SEND internet safety resources

Communicate in Print guide: [cutt.ly/c-in-p](https://cutt.ly/c-in-p)

Cerebra guide for parents: [cutt.ly/cerebra](https://cutt.ly/cerebra)


## Useful links


### Returning to school after lockdown


Unicef - supporting your child's mental health as they return to school during COVID-19:  
[cutt.ly/unicef-supporting-child-back-to-school](https://cutt.ly/unicef-supporting-child-back-to-school)

Elsa Support - Back to School after Coronavirus Story: [www.elsa-support.co.uk/back-to-school-after-coronavirus-story](http://www.elsa-support.co.uk/back-to-school-after-coronavirus-story)

### Wellbeing activities for all the family

 Create a gratitude book: find a nice notebook and write down 3 things you are grateful for every day and why.

 Design and create your very own board game: [activityvillage.co.uk/design-a-simple-board-game](https://activityvillage.co.uk/design-a-simple-board-game). Now you can play it with your family on rainy days.

 Make up an exercise or dance routine and teach it to your family!

### Healthy Lifestyles Virtual Sessions

We're now providing free, interactive online sessions where families can learn about healthy lifestyles while taking part in fun activities such as cooking and group exercises. Find out more and get involved: [www.compass-uk.org/make-a-change](http://www.compass-uk.org/make-a-change)



## 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



[www.compass-uk.org/services/warwickshire-school-health-wellbeing-service](http://www.compass-uk.org/services/warwickshire-school-health-wellbeing-service)

## COVID-19 family guidance

Compass info & resources for parents/carers:

[cutt.ly/coronavirus-parents-carers](https://cutt.ly/coronavirus-parents-carers)

Resources for people with autism and families: [cutt.ly/autism-resources](https://cutt.ly/autism-resources)

Information for Warwickshire families: [warwickshire.gov.uk/fis](http://warwickshire.gov.uk/fis)

Support accessing food: [cutt.ly/accessing-food-advice](https://cutt.ly/accessing-food-advice)

Refuge Domestic Abuse Service Warwickshire:

**Call 0800 408 1552**

[cutt.ly/refuge-warwks](https://cutt.ly/refuge-warwks)

## Emotional and mental health resources

Resources for professionals, parents/carers and young people: [camhs-resources.co.uk](https://camhs-resources.co.uk)

Every Mind Matters: Coronavirus & wellbeing [nhs.uk/oneyou/every-mind-matters](https://nhs.uk/oneyou/every-mind-matters)

Young Minds Coronavirus support: [cutt.ly/young-minds-coronavirus](https://cutt.ly/young-minds-coronavirus)

RISE resources: [cwrise.com](https://cwrise.com)

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline:

**02476 641 799** between 8am and 8pm  
**0300 200 0011** outside these hours

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?