



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.

Water safety

Now we're into summer and enjoying the warmer weather, lots of families will be taking advantage of the opportunity to go swimming outdoors ('wild swimming'). This might be in the sea or perhaps a lake or river. It's really important to do this safely: parents/carers should take steps to keep their children safe, while also ensuring their children have the awareness needed to help keep themselves safe.



Things to remember when swimming outdoors:

- 🚫 Do your research on the location beforehand to make sure it's considered a safe place to swim.
- 🚫 Always have adults there to supervise under 18s. No one should swim alone outdoors.
- 🚫 Be careful when entering the water, particularly if it's slippery. It's easy to fall by stepping on wet rocks. Find a safe place to enter and leave the water and don't swim too far from that spot.
- 🚫 Even when the weather is lovely and warm, open water can be very cold under the surface. This can cause cramp and make it harder to breathe. Enter gradually to help your body acclimatise.
- 🚫 Always check the depth of the water - even if you have visited the spot before - before jumping or diving in.
- 🚫 Don't enter fast flowing water and watch out for currents! Look for warning signs around the water which could let you know of any hazards.
- 🚫 There may be hidden danger underneath the water - rubbish, sharp items, reeds and weeds. Keep an eye out to avoid getting tangled or cut.

On the beach:

- 🚫 Make sure you and your children understand what the flags mean - use Google if you're not sure.
- 🚫 Be aware of waves and changing tides. Avoid the sea near piers and rocky areas.
- 🚫 Inflatables are a hazard in the sea, as it's easy to be taken out of your depth by the wind and currents.

At home:

- 🚫 Always supervise children in or near water, no matter how shallow.
- 🚫 Ponds should be fenced off and covered in mesh. Paddling pools, baths and sinks should be emptied after use.

In an emergency, always dial 999 - you don't need to have credit or minutes on your phone.

Further resources

Kids activity booklet: sta.co.uk/wp-content/uploads/2018/06/Water-Safety-Advice-Booklet.pdf

Lesson plan: canalrivertrust.org.uk/explorers-games/water-safety-lesson-plan.pdf

Beach safety info: riss.org.uk/pages/category/water-safety-information



Useful links

Summer holidays activities and info

Warwickshire country parks info & COVID-19 update: countryparks.warwickshire.gov.uk

Warwickshire Wildlife Trust info & update: warwickshirewildlifetrust.org.uk/TakePart/stay-wild-during-covid-19-outbreak

Visit England 'Know before you go' map: visitengland.com/know-before-you-go-map

School holiday childcare (Rugby): www.wildclub.co.uk

Activities to do at home

Summer reading challenge: summerreadingchallenge.org.uk

Green Spaces nature activities: cutt.ly/green-spaces

Cbeebies 'Things to do indoors': bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children

Healthy Lifestyles Virtual Sessions

We're now providing free, interactive online sessions where the whole family 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



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

COVID-19 family guidance

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

Refuge Domestic Abuse Service Warwickshire:
Call 0800 408 1552

cutt.ly/refuge-warwks

Emotional and mental health resources

Children's society - building mental resilience: childrenssociety.org.uk/advice-hub/building-mental-resilience

Anna Freud youth wellbeing directory annafreud.org/on-my-mind/youth-wellbeing/

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:

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

