



## 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

Information & resources for parents/carers from Compass:

[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](https://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**

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

[cutt.ly/cbeebies-indoor-activities](https://cutt.ly/cbeebies-indoor-activities)

[cutt.ly/kids-nature-activities](https://cutt.ly/kids-nature-activities)

[cutt.ly/free-craft-activity-packs](https://cutt.ly/free-craft-activity-packs)

Blog for learning, connecting, activities etc.

[blog.kidadl.com](https://blog.kidadl.com)

#### Home learning resources

[bbc.co.uk/bitesize/dailylessons](https://bbc.co.uk/bitesize/dailylessons)

Timetable of free celebrity lessons:

[cutt.ly/celeb-timetable](https://cutt.ly/celeb-timetable)

#### Emotional and mental health resources

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: [cwise.com](https://cwise.com)

Coping calendar:

[actionforhappiness.org/coping-calendar](https://actionforhappiness.org/coping-calendar)

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

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: staying healthy and active

Staying healthy during lockdown can be tricky, and it might sometimes feel tempting to just give up! But keeping active and eating well is really important for our health and has lots of benefits, from helping us get a better night's sleep to reducing stress and anxiety. Here are some tips and resources that can help families get enough exercise and the right nutrition.

### Staying active

We may not be able to exercise and play sports in the same way we used to, but there are still lots of fun ways to stay active as a family! This week, try out some of these ideas:

- ☆ Spell your name game. Use this picture to create a workout using your name: [cutt.ly/spell-name-workout](http://cutt.ly/spell-name-workout). Try a different family member's name each time to get lots of different exercises.
- ☆ Joe Wicks PE. These fun, family-friendly sessions take place live every morning, but can be watched at any time of the day: [cutt.ly/joe-wicks-pe](http://cutt.ly/joe-wicks-pe)
- ☆ Change4life indoor activities. There's lots of games to try, all with popular family film themes: [nhs.uk/change4life/activities/indoor-activities](http://nhs.uk/change4life/activities/indoor-activities)

### Healthy eating



Try these simple tips to have a healthier diet while still getting to enjoy your food:

- ☆ Plan your family's meals and snacks before going to the shops wherever possible.
- ☆ Swap fatty/sugary snacks for healthier options that cover multiple food groups. For example, swap crisps for crackers with low fat cheese and cucumber, or cake for malt loaf and banana. See more snack swap ideas here: [cutt.ly/change4life-snack-swaps](http://cutt.ly/change4life-snack-swaps)
- ☆ For parents/carers - here's a useful blog on how to get more nutrients into your child's lunch: [cutt.ly/nutritious-kids-lunch](http://cutt.ly/nutritious-kids-lunch)
- ☆ Eat 3 portions of veg and 2 of fruit every day (canned and frozen count).
- ☆ Drinks lots of water - have 8 drinks every day. Limit fruit juice to one small glass and avoid fizzy pop if you can.

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