



## 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.

Try a Wellbeing Wake-up! These weekly videos for primary school children and parents/carers are filled with activities you can try as a family to promote wellbeing: [cutt.ly/wellbeing-wakeup-2](https://cutt.ly/wellbeing-wakeup-2)

### National Smile Month: Looking After Our Teeth



18th May to 18th June is National Smile Month and a chance to talk about our oral health and the things we can all do to achieve a healthier smile.

#### Top ways to better oral health

- ★ Brush your teeth for 2 minutes, twice a day, morning and night with a fluoride toothpaste.
- ★ Use mouthwash and clean between your teeth with interdental brushes or floss everyday.
- ★ Cut down how much sugar you have, and how often you have it.
- ★ Visit the dentist every 6 months (children too).

#### Oral health resources

- Make brushing fun for younger children with this singalong - [cutt.ly/zingzillas](https://cutt.ly/zingzillas) - and this Hey Duggee toothbrush reward chart - [cutt.ly/duggee-reward](https://cutt.ly/duggee-reward).
- Find out all about teeth and the best way to brush: [cutt.ly/all-about-teeth](https://cutt.ly/all-about-teeth)
- For more healthy lifestyle choices, visit [nhs.uk/change4life](https://www.nhs.uk/change4life)

#### Sugar swaps

- ★ **Breakfast:** swap from sugary cereal to plain porridge, wheat biscuits, no added sugar muesli or shredded wholegrain. Top these options or plain yoghurt with a handful of your favourite fruit for a tasty way to reach your 5-a-day.
- ★ **Lunchbox:** swap chocolate, cake bars and pudding pots with a slice of malt loaf, fruited teacake, sugar-free jelly or fresh or tinned fruit (in juice, not syrup). Make lower-sugar fromage fraise a new lunchbox fave - it's a healthier choice than split pot yoghurts.
- ★ **Snack swaps:** swap crisps and biscuits with crackers topped with low-fat cheese and veggies, a scotch pancake, a crumpet, plain rice cakes, chopped veg with lower fat hummus or plain popcorn.

### Returning to school after COVID-19

Some children and young people will be returning to school next week and in the weeks to follow. This may create lots of different emotions for families - from concerns over safety to relief that home schooling is over! This is completely normal. You can read the latest government guidance on the return here - [cutt.ly/gov-guidance](https://cutt.ly/gov-guidance) - and remember, we are here to support you with health and wellbeing during this time; contact us on the details overleaf.



## Useful links

### Activities to do at home

Garden activities:

[cutt.ly/rhs-garden-activities](http://cutt.ly/rhs-garden-activities)

[cutt.ly/gardeners-world-kids-projects](http://cutt.ly/gardeners-world-kids-projects)

Make a COVID-19 time capsule:

[cutt.ly/time-capsule](http://cutt.ly/time-capsule)

Try some simple, healthy recipes for kids:

[cutt.ly/bbc-recipes](http://cutt.ly/bbc-recipes)

Bird-themed activities & games: [cutt.ly/rspb](http://cutt.ly/rspb)

Things to do at home & in the garden:

[cutt.ly/national-trust](http://cutt.ly/national-trust)

Fun ideas from Countryfile: [cutt.ly/countryfile](http://cutt.ly/countryfile)

### COVID-19 family guidance

Parenting support for Warwickshire families during COVID-19: [cutt.ly/parenting](http://cutt.ly/parenting)

Compass info & resources for parents/carers:

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

Resources for people with autism and families:

[cutt.ly/autism-resources](http://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](http://cutt.ly/accessing-food-advice)

How to help your teenager stay home during lockdown: [cutt.ly/teens-stay-home](http://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](http://bbc.co.uk/bitesize/dailylessons)

Compass celebrity learning timetable:

[cutt.ly/learning-timetable](http://cutt.ly/learning-timetable)

Art activities, learning & games:

[tate.org.uk/kids](http://tate.org.uk/kids)

Free education & fun downloads for children:

[cutt.ly/free-activities](http://cutt.ly/free-activities)

Online learning from Canal & River Trust:

[cutt.ly/canal-river-trust](http://cutt.ly/canal-river-trust)

Learn about space with CBeebies Stargazing:

[cutt.ly/cbeebies-stargazing](http://cutt.ly/cbeebies-stargazing)

Info and education resources for children and young people with SEND: [cutt.ly/SEND-education](http://cutt.ly/SEND-education)

STEM home learning resources:

[stem.org.uk/home-learning](http://stem.org.uk/home-learning)

## Emotional and mental health resources

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

Every Mind Matters: Coronavirus & wellbeing

[nhs.uk/oneyou/every-mind-matters](http://nhs.uk/oneyou/every-mind-matters)

Young Minds Coronavirus support:

[cutt.ly/young-minds-coronavirus](http://cutt.ly/young-minds-coronavirus)

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



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?