



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.

Activities for wellbeing

Mental and physical wellbeing is the key to becoming a happier, more productive person, who will have a greater understanding of how to work well with others and manage your time effectively. Being active, spending time in nature outdoors and learning new skills can improve mental wellbeing, boost your mood and raise self-confidence.

Here are some wellbeing-themed activities and ideas to try as a family over the last couple of weeks of the summer holidays:

- ♥ The National Trust have lots of fun activity ideas for children and families throughout summer. Explore things to do, games to play and recipes to bake. There's lots to be done outdoors in nature or indoors on a rainy day: nationaltrust.org.uk/for-families
 - ♥ Check out the National Trust 50 things to do before you're 11 and ¾ activity list: nt.global.ssl.fastly.net/documents/50-things-activity-list.pdf
- ♥ The Tokyo 2020 Games are not going ahead this year, but you can still get active and stay connected. Travel to Tokyo, Team GB and Paralympics GB have put together a free programme for children aged 5-11 and their families with lots of activities and resources to enjoy: getset.co.uk/resources/travel-to-tokyo/indoor-activity
 - ♥ And here's a Tokyo 2020 Holiday Activity Pack: getset.co.uk/resource/776/download
- 🚲 Taking the family out on a bike ride is a great way to get some fresh air, exercise and feel good! The Let's Ride Local website is full of ideas and inspiration to help keep everyone motivated and safe whilst cycling in your area: letsridelocal.co.uk
- 🌲 The Woodland Trust has some great ideas and lots of printable activities around nature and animals: treetoolsforschools.org.uk/categorymenu/?cat=activities
 - 🌲 woodlandtrust.org.uk/visiting-woods/things-to-do/children-and-families
- 👤 Stay active with some of these fun family exercises:
 - 👤 thisgirlcan.co.uk/activities/exercising-with-your-child
 - 👤 sportengland.org/jointhemovement#get_active_at_home
- 🎡 Or try some of these assorted wellbeing activities for when you're stuck indoors: 5minutefun.com/wellbeing-activities-for-kids-stuck-indoors



Useful links

Summer holidays activities and info

Holiday activities across the county from Warwickshire FIS (you don't need a Facebook page to view): facebook.com/WarwickshireFIS/notes

FIS have also produced 'Let's go outside' packs for each area of Warwickshire - download yours here: warwickshire.gov.uk/children-families/family-relationships/4

Download activities for home from Warwickshire museum: heritage.warwickshire.gov.uk/whats-holiday-family-activities/1

Stay at home activity ideas from British Motor Museum: britishmotormuseum.co.uk/whats-on

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

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

Advice following exam results: childline.org.uk/info-advice/school-college-and-work/school-college/exam-results

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



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?