



A health and wellbeing update from your school nurse team

During the Coronavirus outbreak, the Warwickshire School Health & Wellbeing Service are still here to provide support - even if this may be given in a different way to usual! As such, our team will now be sending a weekly update to schools, where we'll share resources, helpful tips, any relevant news, and details of the support available for pupils and parents/carers.

Useful links

Coronavirus (COVID-19) guidance: nhs.uk/conditions/coronavirus-covid-19

Information for Warwickshire families: warwickshire.gov.uk/fis



Activities during social distancing:
cutt.ly/cbeebies-indoor-activities
cutt.ly/kids-nature-activities
cutt.ly/joe-wicks-pe

Resources for home learning:
twinkl.co.uk/home-learning-hub

★ Top tips for... Practicing mindfulness!

It can be so easy to take notice of our negative thoughts that we miss taking notice of the present and the good things. Mindfulness means giving attention to our environment and ourselves. It helps you focus on the present and see what is beautiful and unusual in the world. It is being aware of your thoughts and feelings as they arise, without ever getting lost in them.

Mindfulness to try at home:

-  While eating, pay attention to your senses: the smell, taste and how it feels.
-  Try a walk or run without a phone or music and take notice of your surroundings.
-  When you brush your teeth, can you taste the toothpaste, is it hot/cold, what does the brush feel like on your teeth?



This week's feature: mental health and wellbeing

Between worries about health, social distancing, and major changes to school life, children and young people (and parent/carers too!) may be finding it harder to take care of their mental health and wellbeing. The good news is there are lots of organisations here to help and provide resources. Here are some links where you can find support with mental and emotional health:

For children and young people

Young Minds coronavirus support:
cutt.ly/young-minds-coronavirus
 RISE: cwise.com

For parents/carers

Coping calendar: actionforhappiness.org/coping-calendar
 Advice from BACP on coping with anxiety about the outbreak:
cutt.ly/anxiety-about-outbreak

Courses for all ages about Coronavirus, including managing mental and physical health:
recoverycollegeonline.co.uk/your-mental-health/coronavirus

Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Whether you/your child is at home or in school, our school nurse team is here to provide support with any concerns or queries relating to health and wellbeing. Please get in touch via the following channels for free, confidential advice.

Parents/carers

 Service mainline: 03300 245 204

 Text Parentline: 07520 619 376

Children/young people 11-19 years

 Text Chathealth: 07507 331 525

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?

