



## 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

#### COVID-19 family guidance

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

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

[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

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

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: [cwrise.com](https://cwrise.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: keep learning!

Learning is really important for our wellbeing, no matter what stage of our life we are at. Developing skills and having new experiences has been shown to boost our self-esteem, help us connect with others, and give us a sense of hope and purpose. However, many of us are stuck at home at the moment, and some may be finding home schooling a challenge. But learning isn't just about traditional education - it can be about trying new things or thinking outside the box to do things differently. Here are some activities for children, young people and families that can help you keep learning while having fun and connecting with others too.



### For children

- ☆ These free downloads from Orchard Toys include crafts, activity sheets, recipes, and maths and literacy. This variety of activities is perfect for getting our brains working in lots of different ways: [cutt.ly/free-downloads](https://cutt.ly/free-downloads)
- ☆ Lots of people get deliveries in cardboard boxes, but have you ever thought about what you could make with them after? Get creative with stickers, paints, pens, felt or whatever you have in the house. It could be a fairy house, a fire engine or one of these ideas - [cutt.ly/create-box](https://cutt.ly/create-box). Remember to use child-safe materials and have an adult help with any cutting out.

### For young people

- ☆ You've probably spent lots of time looking at websites or using apps, but have you ever thought about learning how to build them? Now is a great time to learn a new skill such as coding. You can get free tutorials from Codeacademy - [cutt.ly/codeacademy](https://cutt.ly/codeacademy) - as well as advice on where to begin based on your current skills and interests.
- ☆ Try your hand at creative writing. You could write a story, poem or song. If you're struggling with motivation, a themed writing competition can help you get started - take a look at some options here: [cutt.ly/writing-competitions](https://cutt.ly/writing-competitions)

### For everyone

- ☆ These at-home science experiments can be done with everyday items: [cutt.ly/kids-science](https://cutt.ly/kids-science)
- ☆ Learn to draw with these fun tutorials from children's illustrator Rob Biddulph: [cutt.ly/draw-with-rob](https://cutt.ly/draw-with-rob)



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