



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.

This week's feature: Sun Safety Awareness Week 2020

This week is Sun Safety Awareness Week 2020. As the weather gets warmer, lots of us will be spending time outdoors whenever we can. Spending time in the garden can be great for our wellbeing, but it's also important to protect ourselves from too much sun exposure.

Why should I be careful in the sun?

The sun gives off rays of light known as UV (ultraviolet) that can be harmful. Getting too many of these rays can lead to:

- ★ An increased risk of developing skin cancer
- ★ Early skin aging such as wrinkles or leathery skin
- ★ Damage to your eyes, which can cause blurred vision and cataracts

Remember, everyone is at risk of sun damage, it doesn't matter what age or ethnicity you are! However, you need to be especially careful if you have very fair skin or lots of moles.

How can I stay safe in the sun?

You can enjoy the outdoors safely with the 5 s's of sun safety:

- ★ **SLIP on a t-shirt.** Covering our skin can be one of the most effective ways of protecting ourselves from the sun. You can choose loose fitting clothing to stay cool.
- ★ **SLOP on sunscreen.** Always use a sunscreen with an SPF of 30 or above, preferably water resistant. Apply 20 minutes before you go outside and reapply every 2 hours or if you get wet or sweaty. Make sure you don't miss anywhere!
- ★ **SLAP on a broad brimmed hat.** Wear a hat with a wide brim that shades the face, neck and ears.
- ★ **SLIDE on sunglasses.** Protect your eyes with quality sunglasses that have the European CE mark.
- ★ **SHADE from the sun when possible.** You should particularly seek the shade at the hottest time of the day between 11am and 3pm.

Source: www.skcin.org



Learn more about sun safety with George the Sun Safe Superstar, a fun animation for children: cutt.ly/sun-safe-superstar

Useful links

Bank holiday weekend activities

Make a COVID-19 time capsule:

cutt.ly/time-capsule

Get crafty with these CBeebies recycled crafts:

cutt.ly/recycled-crafts

Bird-themed activities and online games from RSPB: cutt.ly/rspb

All sorts of activities from Save the Children:

cutt.ly/save-the-children

Fun ideas from Countryfile:

cutt.ly/countryfile

COVID-19 family guidance

Parenting support for Warwickshire families during COVID-19: cutt.ly/parenting

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

How to help your teenager stay home during lockdown: 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**



www.compass-uk.org/services/warwickshire-school-health-wellbeing-service

Home learning resources

bbc.co.uk/bitesize/dailylessons

Timetable of free celebrity lessons:

cutt.ly/celeb-timetable

Learning and fun from the Eden Project:

cutt.ly/eden-project

Online learning from Canal & River Trust:

cutt.ly/canal-river-trust

Learn about space with CBeebies Stargazing:

cutt.ly/cbeebies-stargazing

Info and education resources for children and young people with SEND: cutt.ly/SEND-education

Emotional and mental health resources

Resources for professionals, parents/carers and young people: camhs-resources.co.uk

Every Mind Matters: Coronavirus & wellbeing

nhs.uk/oneyou/every-mind-matters

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:

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.

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?