



## A health and wellbeing update from your school nurse team

Here's our latest newsletter with a focus on the topic of racism. Remember, our school nurse team are here to support you - contact us using the details on page 2.

### A note for teachers

Positive Effect, the trading arm of Compass, is delighted to offer schools and colleges a FREE 1 hr webinar on 'Supporting pupil & student wellbeing after lockdown'. Book quickly as spaces are filling up: [www.compass-uk.org/pupil-wellbeing-after-lockdown](http://www.compass-uk.org/pupil-wellbeing-after-lockdown)

## Talking about racism

*"Being silent cannot be an option."*

Racism is something that affects many children, young people and families across the UK. Some families reading this will have encountered racism themselves, while others may not have, and may wonder whether it's really an issue. **It's important that we educate ourselves and our children on the presence of racism in our society and the profound effect it can have on people's wellbeing.**

We wanted to take this opportunity to raise awareness and start a conversation about racism, suggest further learning resources, and provide details of support for those who have experienced racism.

### What is Racism?

- ① Racism is when someone is treated unfairly or differently because of their skin colour, race, ethnicity, nationality or religious beliefs. You can learn more about the meaning of racism and other terms being used on the news a lot lately here: [www.bbc.co.uk/newsround/52965984](http://www.bbc.co.uk/newsround/52965984)

### What is Racial Bullying?

- ① Racial bullying is a type of racism where someone's bullying focuses on your race, culture or ethnicity. This can include being called racist names or sent threats, having your belongings damaged, or being treated differently. Read more about racial bullying, including what you can do if it happens to you, here: [childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying](http://childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying)

### For parents/carers - should I discuss racism with my child?

This can be a sensitive topic and may seem a difficult conversation to have. However, research suggests that not talking about race causes children to come to more harmful, problematic, and factually inaccurate conclusions. Children will inevitably learn about race as they get older, and will begin to notice differences themselves, so it's essential parents/carers provide factual and considerate information before children gain their understanding from potentially unreliable sources. Parents/carers of children who might be the target of racism may wish to shield them from this for as long as possible by avoiding the topic: however, as difficult as it is, it's important to empower your child to better cope with the situations they may be presented with.

There is no one-size-fits-all approach to talking about racism, but the following articles can provide some helpful guidance:

[www.unicef.org/parenting/talking-to-your-kids-about-racism](http://www.unicef.org/parenting/talking-to-your-kids-about-racism)  
[cutt.ly/talking-about-racism](http://cutt.ly/talking-about-racism)

It's also important to educate ourselves before talking to our children; see book recommendations and additional links on page 2.

## Useful links

### Further links for understanding racism

Article for parents/carers:

[childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news](http://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news)

Blue Peter message on racism:

[www.youtube.com/watch?v=9LLBDsVREaI](http://www.youtube.com/watch?v=9LLBDsVREaI)

Video for KS2 children:

[www.bbc.co.uk/bitesize/clips/zqvnvcw](http://www.bbc.co.uk/bitesize/clips/zqvnvcw)



### Understanding racism book recommendations

#### Ages 3-6 years:

Last Stop on Market Street – By Matt De La Pena

All Are Welcome – By Alexandra Penfold

Something Happened in Our Town – By Marianne Celano

#### Ages 7-14 years:

Young Dark Emu – By Bruce Pascoe

The Other Side – By Jacqueline Woodson

Let's Talk About Race – By Julius Lester

#### 15+ and parents/carers:

Dark Emu - Bruce Pascoe

I know why the Caged Birds Sing – Maya Angelou

Talking to my country – Stan Grant

Why Im No Longer Talking to White People About Race - Eddo Lodge

### Healthy Lifestyles Virtual Sessions

We're now providing free, interactive online sessions where families 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](http://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**



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?



[www.compass-uk.org/services/wshwbs](http://www.compass-uk.org/services/wshwbs)



## COVID-19 family guidance

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)

Refuge Domestic Abuse Service Warwickshire:

**Call 0800 408 1552**

[cutt.ly/refuge-warwks](http://cutt.ly/refuge-warwks)

## Emotional and mental health resources

Racism and mental health: [youngminds.org.uk/find-help/looking-after-yourself/racism-and-mental-health](http://youngminds.org.uk/find-help/looking-after-yourself/racism-and-mental-health)

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:

**02476 641 799** between 8am and 8pm

**0300 200 0011** outside these hours