



Family health & wellbeing!

June 2022 Update

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Want to make sure you don't miss health & wellbeing updates from your school nurse team? [Sign up here!](#)



Healthy Eating Week

British Nutrition Foundation's 10th Healthy Eating Week takes place from 13 – 17 June 2022!

The big message for the week this year is Eat well for you and the planet! Each day of the week will have a different theme. Why not get involved and try the challenge!



Monday

Focus on fibre for meals and snacks. Foods like broccoli and berries are full of fibre.



Tuesday

Get at least 5 a day. Fill your plate full of fruit and vegetables.



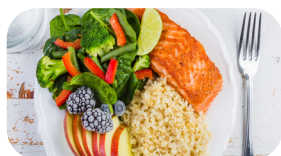
Wednesday

Vary your protein. Eggs, milk meats and fish can be a great selection.



Thursday

Stay hydrated. Top up your water bottle throughout the day from the tap.



Friday

Reduce food waste. Try not fill your plate if you know your not hungry.



Weekend

Make your sweet treats healthy. Reduce the sugar and add some fruit.

Resources

Take a look at the resources below to help you plan your Healthy Eating Week.

Click on the groups below to access resources.

- [Primary](#)
- [Secondary](#)
- [Work places](#)

Food facts:

Why not take a look at [Better Health Healthier Families](#) food facts?

Find out more about what's really in the food families eat and what healthy food swaps can be made.

Child Safety Week

Child Safety Week is an annual community education campaign run by the [Child Accident Prevention Trust \(CAPT\)](#), acting as a catalyst for thousands of safety conversations and activities UK-wide. This year, Child Safety Week runs from Monday 6th to Sunday 12th June, with the theme Safety in mind. For free safety advice and resources visit CAPT Child Safety Week website [here](#).



Warwickshire Road Safety Club

Every school signing up to the Club has an experienced and dedicated Road Safety Officer, who liaises with schools and delivers all road safety sessions throughout the academic year. Road Safety Officers may spend a couple of hours, half a day or a whole day in your school two to three times a year to complete all elements of the Club. Find out more [here](#).

Don't forget the School Readiness Health Questionnaire

Starting school for the first time is a significant milestone for every child, and often a scary and exciting time for them and their parents/carers. We want to make sure all children and families have the support they need with their health, wellbeing and development to prepare for this. The questionnaire helps us identify when families may need support and advice in order to help children meet their full potential as they enter education.

The questionnaire should be completed online by all parents/carers with a child due to attend a Warwickshire school for the first time in September. It will be open for completion from June through to August. Further information about the questionnaire and how to complete it can be found [here](#).

The following resources are available to promote the questionnaire to families:

- A4 poster
- A3 poster
- A5 flyer

If you would like hard copies of any of our materials, or would like support from our team in any other regard, please get in contact.



Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org

 @schoolhealthC4H

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 @c4hwarwickshire

www.compass-uk.org/services/c4h

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