

Warwickshire School Health & Wellbeing Service November 2020 Newsletter



A monthly update from your school nurse team

WSHWBS will now be providing a monthly update for children, young people and families. We'll share the health and wellbeing advice and resources we think you will benefit from the most, as well as any service updates and details of how you can get support when you need it.

Firework-free fun for the family this November

We could all do with a bit of magic this year. But with organised displays cancelled due to the restrictions, you may be asking yourself: 'Is fireworks night cancelled this year?'

Do not fear, there are ways to make it good fun, bring the family together and make lovely memories, no fireworks required!

Celebrations without the risk

- ★ Bring back some of the foody delights from your childhood – toffee apples, honeycomb, Parkin cake to name but a few. You could dip breadsticks in melted chocolate and sprinkles for your own edible fireworks. Get the BBQ out for hot dogs and marshmallows, rinsed down with hot chocolate. And don't forget the jacket potatoes in tin foil!
- ★ Why not go old school with apple bobbing? One of the oldest Bonfire Night traditions and it couldn't be simpler to do. Just fill a basin with water and throw in some apples. Then grab an apple out with just your teeth (leave the stalks on to make it a bit easier for the littlies). Get the kids to ask grandparents what games they used to play and bring them back to life with your family.
- ★ Put the Guy back into Guy Fawkes Night – you might not be burning him on a massive bonfire, but you can have fun with the kids making your own Guy with old clothes and stuffing him with paper. Tell them the Guy Fawkes story as you stuff!
- ★ Get creative with the littlies – splashes of paint on black paper make a beautiful fireworks display. Or paint toilet roll tubes and use orange or yellow tissue paper for the rocket.
- ★ If sparklers are part of your staple, it's best to wear gloves and have a bucket of water handy for spent sparklers, so no-one is tempted to pick up a used one. Children under five are too young to handle sparklers themselves.
- ★ When everyone gets too cold or too tired, cuddle up on the sofa, turn off the lights and watch fireworks displays on TV – you can find loads on YouTube.

This article was created by the Child Accident Prevention Trust (CAPT) - find more fireworks night information on their [website](#).

Fireworks can be unpredictable, which means putting on your own display can put your family at risk. If you are still planning on setting off fireworks, please read the [advice on firework safety](#) and [what to do if someone is burnt](#).

Anti-Bullying Week

Anti-bullying Week takes place 16th-20th November, with a theme of United Against Bullying. To help parent/carers support and educate children during this week, the Anti-Bullying Alliance have worked with Kidscape & SafeToNet to develop a pack with conversation starters, activities to do with your child, advice, support and more. [Download it here.](#)



Learn about Diwali!

[Learn all about Diwali](#), a Hindu festival also known as the Indian Festival of Lights which takes place this year on the 15th November. These [Diwali crafts for kids](#) can also be enjoyed by anyone learning about or celebrating the festival.



Stress Awareness Day

Stress Awareness Day is coming up on the 4th November, and with everything that's going on, it's as important as ever to take some time to focus on our wellbeing. Talking to children and young people about stress and helping them recognise and deal with the symptoms is key to building their resilience. Why not start the conversation by talking about times you've both felt stressed and how this made your body feel, then try some [relaxing breathing techniques](#) together? We've also compiled some wellbeing activities for all ages:



[Wellbeing Bingo game](#)

[Stress Busting Fortune Teller](#)

[Mindful Colouring Exercise](#)

Emotional and mental health

Lots of children and young people may struggle with their mental health at some point. It's important they know that they're not alone, it's OK to tell someone how they feel, and there are lots of people around to support them. Here are some links for support and advice for children, young people and parent/carers around struggles with emotions, anxiety or low mood:



For children and young people

[youngminds.org.uk](https://www.youngminds.org.uk) - mental health advice and support.

[cwrise.com](https://www.cwrise.com) - local mental health services - contact details and resources.

[childline.org.uk/info-advice](https://www.childline.org.uk/info-advice) - advice on lots of topics relating to wellbeing, and details of how you can contact Childline.

For parents/carers

cutt.ly/gov-uk-covid-supporting-cyp-mental-health

[cwrise.com/advice-for-parents-covid-19](https://www.cwrise.com/advice-for-parents-covid-19)

[youngminds.org.uk/find-help/for-parents](https://www.youngminds.org.uk/find-help/for-parents)

[nhs.uk/oneyou/every-mind-matters/childrens-mental-health](https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health)



For urgent support with mental health for children and young people, please call the RISE Crises team on: **02476 641 799** (8am and 8pm) or **0300 200 0011** (overnight)

Coronavirus

Coronavirus (COVID-19) cases have been rising rapidly. Because of this, there will be new national restrictions in place from Thursday 5th November. You can read all the details of these restrictions [here](#). Schools will remain open and pupils should continue to attend.

If a child or young person has health or wellbeing concerns during this period of increased restrictions, a school nurse can provide support. Please get in touch using the details below.

[Latest government guidance](#)

[NHS advice and symptom checker](#)

[WCC family guidance](#)

[Support accessing food in Warwickshire](#)

[Young Minds advice on talking to children about coronavirus](#)

[Coronavirus resources for people with autism](#)



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 11–19 years

Text ChatHealth: 07507 331 525



www.compass-uk.org/services/wshwbs

