

Monthly Newsletter

February Edition 2024

Let's talk about ...

- Your C4H school nurses
- Fussy eating workshops
- National child measurement programme
- Acts of kindness
- Useful contacts and resources
- C4H Stratford job vacancies



Looking for a new opportunity?
Join the Warwickshire School
Nursing Service.

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

What's new with C4H?

Our new Learning Disability Practitioner has started with the Connect for Health service, supporting in all areas of special education needs and disability (SEND) for our children, young people and families.

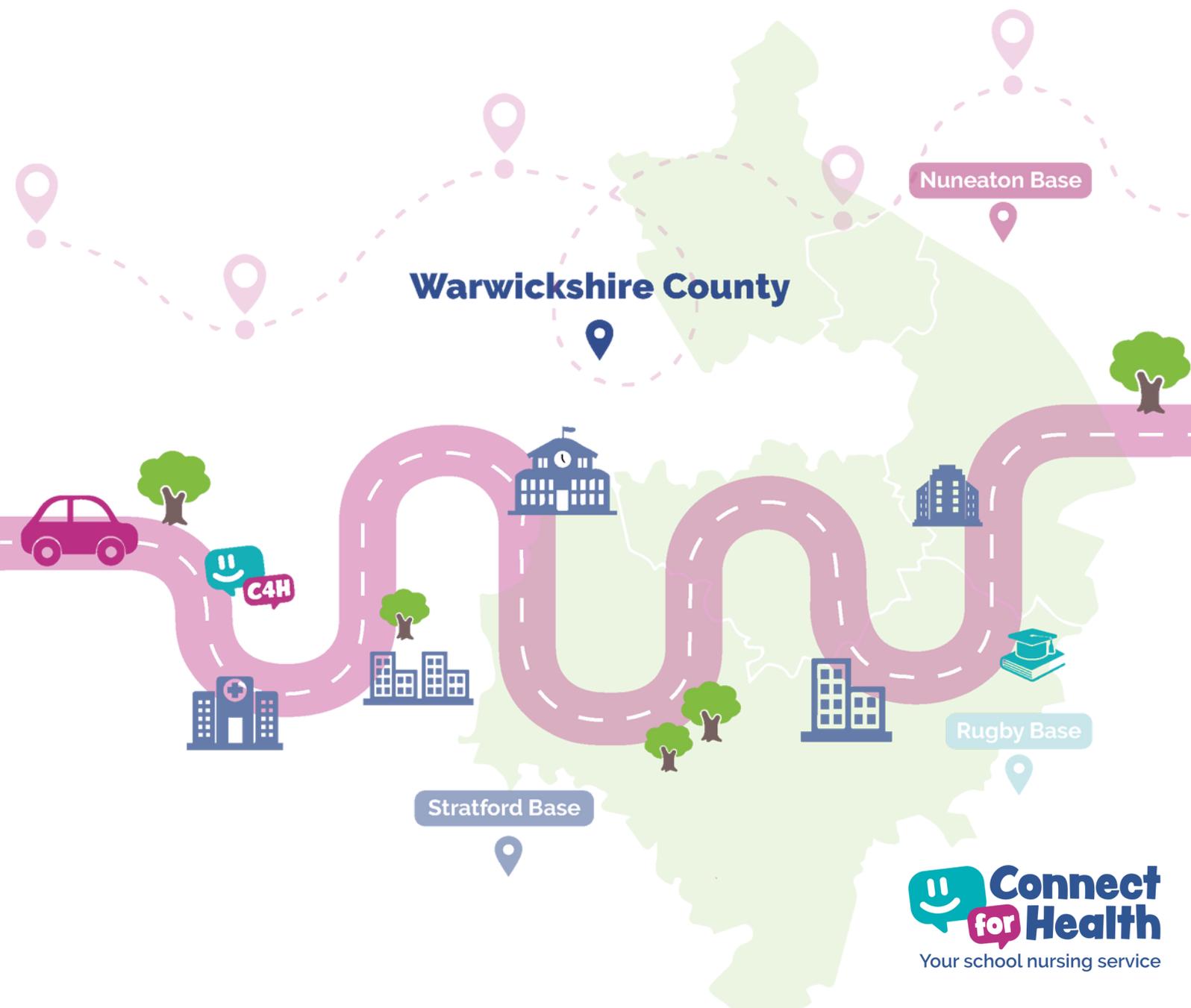


Our School Nurses are here for you

Our School Nurses work with children, young people and families across the Warwickshire county to help with health and wellbeing.

They travel around the county leading the delivery of the 'Healthy Child Programme' and overseeing universal health interventions for our children, young people and families. Also providing support from our service for those with long-term health conditions and special education needs and disabilities (SEND).

Our School Nurses are all friendly, approachable and have an understanding nature to help support you and your families, whether that's in school or in your home.



Fussy Eating Workshop

Change Makers are running workshops supporting parents with children who display fussy eating behaviours. The workshop will cover the Eatwell Guide, top tips and practical advice on reducing fussy eating behaviour.



**Sessions are
1 hour long**



**Held in school
& over zoom**



**Sessions are
FREE**

If you wish to attend a Fussy Eaters workshop, please contact your school regarding your individual Change Maker team member and how to sign up.

National Child Measurement Programme (NCMP)

Has your child had their height and weight measurements taken for the NCMP? Height and weight measurements are taken for all Reception and Year 6 pupils in Warwickshire, unless opted out. If your child has been measured as part of the programme, you can view the results letter via your parent/carer portal. To log in or register an account, please go to:

<https://www.compass-uk.org/primary-parent-sign-up>



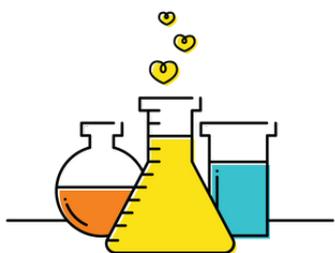
Please contact us if you have any problems or require a results letter sent by post.

11th - 17th February 2024

Random Acts of Kindness Week

Random Acts of Kindness Week (11th - 17th February) is an opportunity to think about how we can be kind to people and promote kindness. A friendly smile, a kind word, a listening ear, a compliment or a caring act, can all have significant impact.

Kindness is also teachable and contagious. The positive effects of kindness are experienced in the brain of everyone witnessing the act, improving their mood and making them more likely to 'pay it forward'. This means one good deed in a crowded area can create a domino effect and improve the day of multiple people.



**Did you know there are scientifically proven benefits to being kind?
Like lowering blood pressure and anxiety and increasing serotonin and energy.**

A Small Act with a Big Impact

Encouraging children to complete acts of kindness is a great way to help them develop into caring and compassionate people. Why not try one of the activities below at home or in school to help promote kindness and build character?



Help your child to write positive messages on sticky notes and leave them for others to find.



Go with your children to your local library and donate used books.



Help your children bake something nice to give to someone they care about.



Encourage children to donate toys which they have outgrown or no longer use.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel",

Maya Angelou

**RANDOM ACTS
OF KINDNESS**
FOUNDATION[®]

Visit the [Random Acts of Kindness Foundation website](#) for more ideas and resources to help teach and promote kindness.

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 children 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



We are **HIRING**

Join our Stratford-upon-Avon team
and be a part of the School Nursing service

APPLY NOW

Connect for Health is your School Nursing service in Warwickshire.
At C4H we give children, young people and their families the tools to
succeed and lead healthy, happy lives.

Full Time

School Staff Nurse



Stratford-Upon-Avon

Full Time

School Nurse



Stratford-Upon-Avon



Visit our new LinkedIn page for
more information about our service.

Complete an online application

For more information on our vacancies contact:
connectforhealth@compass-uk.org