



Family health & wellbeing!

October 2023 Update

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

Dyslexia Awareness Week 2023

2nd to 8th October

Dyslexia is a common learning difficulty that mainly causes problems with reading, writing and spelling. It's a specific learning difficulty, which means it causes problems with certain abilities used for learning, such as reading and writing. Unlike a learning disability, intelligence isn't affected. It's estimated up to 1 in every 10 people in the UK has some degree of dyslexia. (NHS Dyslexia Overview, 2023).

People with dyslexia may experience some challenges

Phonological Processing – This is the ability to process and discriminate sounds in language in the right order. This can have a significant impact on learning to read, write and spell.

Issues with **short-term and working memory** – this may mean someone is more likely to forget information or retrieve information quickly. It might cause problems with being organised; knowing what to do and in what order.

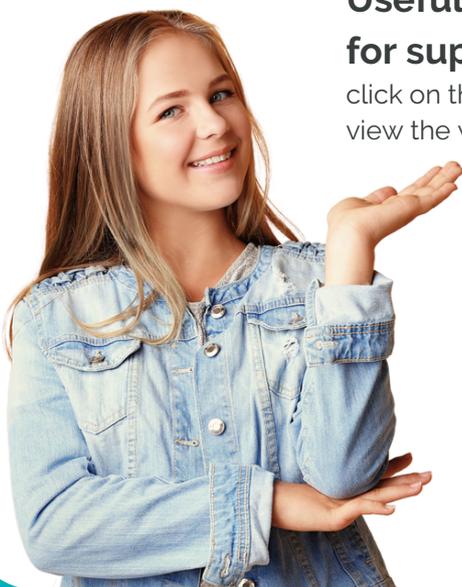
Speed of processing information may be slower, not because the brain is working more slowly but because information is being processed differently. This can lead also to fatigue and overload.

Visual processing difficulties – Some, but not all, dyslexic individuals may experience difficulties with visual processing causing words on a page to be distorted.

British Dyslexia Association, 2023

Useful webpages for support

click on the heading to view the webpage



[British Dyslexia Association](#)

[How is Dyslexia diagnosed?](#)

[Empowered Parents pack on how to support Dyslexic children](#)

[Dyslexia Awareness Week](#)

[Assessments](#)



Halloween Activities

Why not fill your time with some family friendly Halloween activities?



Pumpkin Carving
Carve your favourite funny or scary faces

Have any spare arts & crafts? Create some Halloween decorations



Trick or treat safety advice



Do's

- Cross the street safely
- Walk on the path where possible
- Respect other peoples property
- Tell your parents where you are going
- Set a time you will be home



Dont's

- Never go in a strangers house
- Only knock doors of decorated homes
- Never damage other peoples property
- Never knock a door more than once

National Child Measurement Programme

The NCMP was established in 2006 and involves measuring the height and weight of reception and year 6 children in England. The NCMP collection is a mandated service, funded via the public health grant for local authorities. The data can be used to support locally led interventions.

Measurements

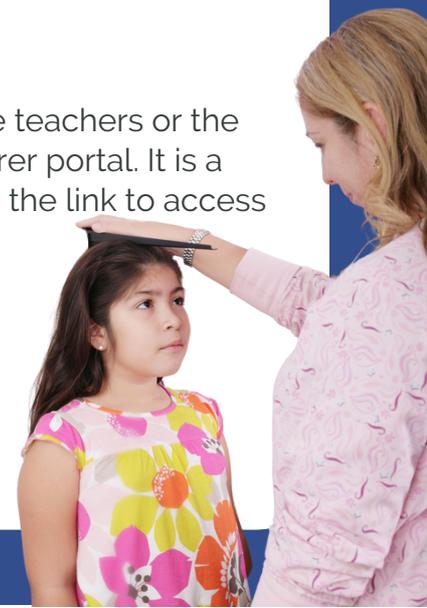
Measurements are conducted by trained healthcare professionals from Connect for Health, the Warwickshire School Nursing Service. Measurements are taken in a sensitive way, in private.

Results

No individual information is shared with the children themselves, the teachers or the school. Parents can view their child's results letter via the parent/carer portal. It is a parent's choice if they share the information with their child. Click on the link to access the portal - www.compass-uk.org/primary-parent-sign-up

Support

The opportunity for parents to discuss any health issues relating to their child is always available. If a parent is concerned about their child's growth or weight they can seek further support from Connect for Health.



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