



# Family health & wellbeing!

## January 2023 Update

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



# Stay balanced this New Year

## A reminder not to over-indulge!

Through the cold winter months it's easy to be tempted by sweet treats, but remember that you can still maintain a balanced diet during hibernation. During movie nights, why not swap a handful of sweets or chocolate for some one of these [quick and healthy snack ideas](#)?

### Healthy eating fact of the month:

#### Fun-sized sweets

These packets may be small, but they still contain **5 cubes** of sugar!

#### [NHS Sugar calculator](#)

It's so easy for sugar to add up throughout the day. Here's a simple way to check how much sugar is in your favourite treats.

#### [Download the free NHS Food Scanner app](#)

With the NHS food scanner app, you can check the sugar content of your food and drinks with a speedy scan of the packaging barcode. You might be able to find healthier swaps for the next time you shop.

Keep an eye out for the 'Good Choice' badge when scanning foods in the app!



# Group A Strep & Scarlet Fever

Group A Streptococcus (sometimes called Strep A) is the name given to a type of bacteria sometimes found in the throat or on the skin. Group A can cause throat infections, scarlet fever or skin infections such as cellulitis or impetigo. Scarlet fever is a contagious infection that mostly affects young children.

If you suspect that you or a child have either Group A Strep or Scarlet Fever, please speak to your GP or call NHS 111 as soon as possible. These infections are usually treated with antibiotics, but it is important to stay away from others to prevent the infection spreading.

Make yourself aware of the signs and symptoms of Group A Strep and Scarlet Fever. There has been a sudden rise in cases and it's important to be able to recognise the indicators of the infection during early stages.



## Signs and symptoms of Group A Strep:

Most people who come into contact with Group A Strep remain well and symptomless

- A rash that feels like sandpaper, typically starting on the chest & stomach
- Nausea & vomiting
- Sore throat
- Headache
- High temperature

## Signs and symptoms of Scarlet Fever:

Scarlet fever is easily treated with antibiotics but it is highly infectious.

- Nausea & vomiting
- Sore throat
- Headache
- High temperature

## Has your child has their height and weight measurements taken for the National Child Measurement Programme (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 difficulties accessing your account or require the result letter sent to you through the post.



# 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.

We are continuing to deliver our virtual medical conditions training and have three online training sessions which schools can access for free via our website. You can sign up to the training sessions via the links below:

[Asthma](#)  
[Anaphylaxis](#)  
[Epilepsy](#)



For children with an individual healthcare plan, we can provide schools with direct training to administer Buccal Midazolam following a seizure. If your child has one of these conditions, you can ask their school to sign up for the training.

[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](mailto:connectforhealth@compass-uk.org)

 @schoolhealthC4H

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 @c4hwarwickshire

[www.compass-uk.org/services/c4h](http://www.compass-uk.org/services/c4h)

Compass