



A health and wellbeing update from your school nurse team

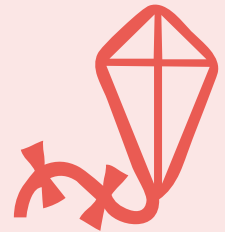
The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

This bank holiday weekend, why not make and fly a kite!?

Flying a kite might be one of those things you'd only think of doing while on holiday, but you can fly a kite anywhere with a bit of wind and open space! Making and flying a kite is a great family activity that ticks off lots of your ways to wellbeing - you can learn a new skill, connect with each other, and get some exercise and fresh air.

What you need to go kite flying

- A kite
- A breeze
- A wide open space - beaches or parks are usually good choices
- Strong arms - the kite can sometimes pull away from you in the wind
- Someone to pick the kite up if it crashes and help launch it back into the air again



Make your own kite

- Learn how to make a kite from an old shopping bag here: cutt.ly/cbbc-make-kite

Places to fly a kite

- Abbey Fields, Kenilworth; Newbold Comyn, Leamington Spa; St Mary's Lands (Warwick Racecourse), Hampton Road; Burton Dassett Hills Country Park; Chesterton Windmill; St Marys Abbey, Kenilworth; Coventry Memorial Park; Lickey Hills Country Park. (Don't forget to check online beforehand that your chosen destination is open and whether there are any restrictions in place).

Top tips

- When you've chosen your spot, don't forget to look up and check there's nothing that might get in the way of your kite when you start to fly it.
- Unwind the string about four metres. Get a friend or family member to take the kite away from you while you hold tight to the string. Get them to launch it upwards into the wind and then you're in control!
- Pulling the string tight makes the kite climb vertically, then unwinding the string allows it to rise into the sky. Remember, the longer the string gets, the further someone will have to go to pick it up if (or when) it crashes.
- Stay safe: don't fly during a storm or in very strong winds and fly well away from animals, other people, powerlines, and roads or railways. Don't forget your sunglasses, sunscreen and hat!

Returning to school

We know some children, young people and parents/carers may have concerns about returning to schools (while some may be very excited about getting to see friends, socialise and learn new things!). For those who have any worries, we have dedicated this page to guidance, advice and resources around this topic. Remember, you can get in touch with your school nurse using the details at the bottom if you have concerns or questions around health and wellbeing.

Guidance from WCC: warwickshire.gov.uk/information-coronavirus/information-guidance-education-schools/1

From CW RISE:

What to do if your child doesn't want to go back to school because of anxiety and/or fear - for parents/carers of secondary school age children: cutt.ly/secondary-school-refusal

For parents/carers of primary school aged children: cutt.ly/primary-school-refusal

Parent information sessions on common mental health and wellbeing topics: cutt.ly/parent-information-sessions

Resources for parents/carers

Mental Health Foundation - tips on preparing your child to return to school: cutt.ly/tips-for-parents-carers

Tips from Action for Children: cutt.ly/a-4-c-back-to-school

Family Links - general resources: familylinks.org.uk/resources-for-parents

WCC video on reassuring younger children as they return: youtu.be/Akaty-l9LM8

Young Minds - what to do if your child is anxious about going back to school: cutt.ly/ym-school-anxiety

Resources for children and young people

Childline on going back to school: cutt.ly/childline-back-to-school

Young Minds - coping with anxiety about going back to school: youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/

WCC video for secondary school pupils on what to expect when you return: youtu.be/MkyAXY_mw4k



For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline:
02476 641 799 between 8am and 8pm
0300 200 0011 outside these hours



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 aged 11–19 years

Text ChatHealth: **07507 331 525**

