



Monthly Newsletter

May Edition 2024

Let's talk about ...

- National Sun Awareness Week
- World Asthma Day
- National Epilepsy Week
- Access Our Online Medical Conditions Training
- International Nurses Day
- National Walking Month
- Coming Soon!
- Parentline
- Useful contacts

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



Do you have a child starting school in September 2024?

Read more about our School Readiness Health Questionnaire inside the newsletter...

National Sun Awareness Week

6th - 12th May 2024

As the weather transitions and changes, this is time of year when children are more vulnerable to the sun and UV rays.

Even if you're not on holiday abroad, you can still get sunburn in the UK, even when it's cloudy.

Here are some of our top tips for keeping your child safe in the sun...



Top Tips!

- Try to stay in the shade between 11am and 3pm
- Cover up with suitable clothing
- Wear sunglasses
- Use at least factor 30 sunscreen

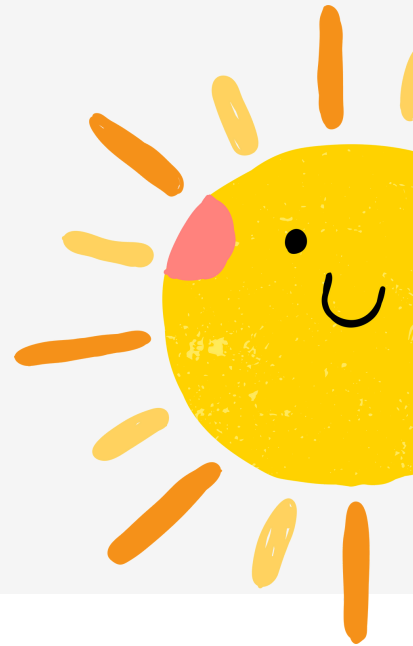
What factory sunscreen (SPF) should I use?

You shouldn't rely on sunscreen alone to protect you from the sun. Sunscreen should also be paired with other protection methods such as limiting time in the direct sun, and wearing suitable clothing to cover yourself.

When buying sunscreen the label should have...

- A sun protection factor (SPF) of at least 30 to protect against UVB
- At least a 4-star UVA protection

Make sure sunscreen is not past its expiry date!



World Asthma Day - 7th May

“Asthma Education Empowers”

The Global Initiative for Asthma (GINA) emphasises the need to empower people with asthma with the appropriate education, and call upon professionals to increase their awareness and understanding of asthma, so that they can best support those they work with to help manage their condition.

National Epilepsy Week 26th - 2nd

National Epilepsy Week aims to raise awareness about epilepsy and its impact. This week focuses on the crucial role that professionals play in supporting people living with epilepsy, including those who support children and young people in education settings.

As a professional in education, you can...

ACCESS OUR MEDICAL CONDITIONS TRAINING

Connect for Health, your School Nursing Service have created a selection of virtual training videos to help educate professionals who support children and young people who have particular long-term medical conditions.

Our **Asthma Awareness** training video is approximately 15 minutes long and will give your staff and professionals working in educational settings an understanding of Asthma in children and young people and how this can be managed within the school environment.

[Access the training](#)



Our **Epilepsy training** video is approximately 18 minutes long and will give your staff and professionals working in educational settings a basic level of awareness surrounding Epilepsy in children and young people.

[Access the training](#)

International Nurses Day

12th May 2024

Our Nurses, Our Future...

International Nurses Day celebrates the position which nurses play in the overall healthcare system.

At Connect for Health, we have a team of School Nurses who are dedicated to giving your child and family the best tools to lead healthy, happy lives.

To learn more about our service and the role which the School Nurse plays, visit our website below:
<https://www.compass-uk.org/services/c4h/>

May is National Walking Month!

How far could you walk this month?

May is National Walking month, so we're encouraging everyone to get up and get walking!

There are so many benefits from walking and if you take on the challenge this month, you could start to reap the health benefits soon...

- A chance to get fresh air
- Strengthen your bones and muscles
- Maintains a healthy weight
- Opportunity for some social time
- Positive for your mental health
- Better for the environment



Coming soon!

The School Readiness Health Questionnaire

Each year, Connect for Health carries out the School Readiness Health Questionnaire for parents and carers to complete if they have a child starting school.

If you have a child starting at a Warwickshire school in September 2024, keep an eye out for our health questionnaire to ensure that your child has the best start to their education.

Emails will be sent to schools and parents once it has been launched with a link to the questionnaire and all the information.



DO YOU NEED SOME HEALTH RELATED ADVICE AND SUPPORT FOR YOUR CHILD?

You can text one of our school nurses for confidential advice and support via our Parentline.

07520 619 376





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