

Eastlands Primary School

October 2019 Bulletin 1 — Compass



Warwickshire School Health & Wellbeing Service

Tel: 03300 245 204

Email: warwickshireSH&WService@compass-uk.org

Helpful information & useful websites for Parents on health & wellbeing for Children & Young People



Parent Line -Text messaging service

Parents/Carers can now text a school nurse from their mobile phone. ChatHealth, the school nurse messaging service, is confidential and available Monday to Friday from 9am to 5pm. You can message for advice about general health, child development, behaviour, toileting and emotional health and wellbeing.

Text number: 07520 619376

Warwickshire Family Information Service - www.warwickshire.gov.uk/fis

Childline – www.childline.org.uk - Advice and support for young people around topics including bullying, abuse, safety, feelings, relationships & sex, puberty, you & your body, home & family, school, alcohol, drugs, smoking.

NHS Choices – www.nhs.uk

Anaphylaxis/ Allergies

www.anaphylaxis.org.uk

www.allergyuk.org

Asthma

www.asthma.org.uk

Bladder & Bowel, Bedwetting

www.eric.org.uk

www.bladderandboweluk.co.uk/children-young-people

Cancer

www.macmillan.org.uk

www.cancerresearchuk.org

Children's Arthritis

www.childretharthritis.org.uk

Diabetes

www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes

Epilepsy

www.epilepsy.org.uk

www.epilepsysociety.org.uk

Eczema

www.eczema.org

Diet, healthy eating, physical activity and exercise

www.greatgrubclub.com

www.nhs.uk/change4life

www.fitterfutureswarwickshire.co.uk

Safeguarding is Everybody's Responsibility

Eastlands Primary School

Lansdowne Place, Rugby CV21 3RY Tel: 01788 57328

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Behaviour Management

www.warwickshire.gov.uk/parentguides

www.triplep-parenting.uk.net/uk-en/about-triple-p/positive-parenting-programme

Bereavement

www.childbereavement.org.uk

www.cruse.org.uk

www.winstonswish.org.uk

www.guysgift.co.uk

Peer Support

www.kidscape.org.uk

www.bullying.co.uk

Accidents & Safety

www.rospa.com

www.capt.org.uk

www.safetynetkids.org.uk - personal safety, bullying, online safety

Emotional Health

www.youngminds.org.uk - bullying, anger, death & loss, abuse, eating problems, self harm, problems at school, sleep problems

www.rcpsych.ac.uk/healthadvice/parentsandyounginfo.aspx - drugs & alcohol, depression, anxiety, ADHD, stress, mental health, sleep and more.

www.behealthy-peersupport.org.uk - peer support

www.warwickshire.gov.uk/sorted - Self-help books on lots of topics available from libraries

www.nshn.co.uk/whatis.html - self harm

www.stem4.org.uk - teenage mental health - depression & anxiety, self harm, eating disorders, addiction

www.b-eat.co.uk - Eating disorders

Staying safe online

www.thinkuknow.co.uk - sex & relationships, abuse and child exploitation, young people online, internet safety

Sleep

www.sleepcouncil.org.uk

Puberty

www.nhs.uk/livewell/puberty

Drugs/Alcohol/Smoking

www.talktofrank.com

Young Carers

www.warwickshireyoungcarers.org.uk

We all have the right to feel safe all the time.

Eastlands Primary School Protective Behaviours Curriculum

Eastlands Primary School

Warwickshire School Health and Wellbeing Service

Your school nurse led service is friendly, confidential and free for all school aged children (aged 5 – 19 years*) and their families. We can offer you and your child support on a wide range of health related issues such as:



Child Development
e.g. bedwetting, sleep, diet

Relationships

Physical Health

Healthy Eating & Lifestyle Choices

Emotional & Mental Health

Bullying

Managing Medicines

Childhood Immunisations

Smoking

Alcohol & Drugs

Sexual Health

If your child has a learning need, disability or long term health condition (e.g. epilepsy, asthma, diabetes, allergies) we can help you get the right care and support.

Friendly

Helpful

Safe

*up to 25 years for young people with special educational needs or disabilities.

For more information about this service please contact the team on:

03300 245 204 or

warwickshireSH&WBSservice@compass-uk.org

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