Compass

Connect for Health

Your school nursing service

Family health & wellbeing!

February 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!

LGBT+ History Month

February is LGBT+ History Month - Get involved!

Warwickshire Pride are hosting a huge variety of different events throughout February. With opportunities to make new friends, learn new skills and get support, there are plenty of activities for all!

Check out what's going on in your local area:

Proud Youth

A monthly drop-in for young people aged 12-18, Groups are held in Rugby, Nuneaton, Leamington, & Stratford. Be yourself, meet new people and have some fun!

Peer Mental Health zoom support group

This is a confidential virtual space to discuss LGBT+ issues and worries with peers and get support from LGBT+ mental health professionals.

Proud Parents

A monthly group for LGBT+ parents and parents of LGBT+ young people looking for advice and support. A rainbow flag will signpost the location!

View the calendar of LGBT+ events in Warwickshire here

The theme for the 2023 LGBT+ History Month is #BehindTheLens, which celebrates the contributions of LGBT+ people in the cinema and film industry. Take a look at some of the LGBT+ people you may recognise:

Moana

LGBT+ representation in Disney films is growing. The actress that voices Moana, Auli'i Cravalho, identifies as bi-sexual.

Noah Schnapp

Noah plays Stranger Things main character "Will" and took to TikTok to let his fans know that he identifies as gay.

Alice Oseman

Writer of "Heart Stopper", the brilliant show about two friends who fall in love, uses her lived experiences to create her art!

Make kindness the norm

Random Acts of Kindness Day is Thursday February 17th, 2023

The power of a smile, a kind word, a listening ear, an honest compliment, or an act of caring: these small actions have the potential to brighten someone's day. Random Acts of Kindness (RAK) Week (14th to 20th February) and RAK Day are opportunities to think about how we can be kind to people and take part in activities that promote kindness.

Encouraging children to complete acts of kindness is a great way of helping them develop into caring and compassionate people. It can also help them achieve one of the 5 Steps to Wellbeing: giving to others.

Activities and ideas for showing kindness

Colouring contest

Children can colour in the RAK poster and display it to inspire acts of kindness - or create their own design using paints, collage or any other materials available.

Handmade cards

Help children create a handmade kindness card to say thanks to someone, share a kind message or just say 'hello'.

Take time to talk

Make the time to talk to someone you care about. Talk about thoughts, feelings and aspirations.

Feed the birds

Help children to connect with the nature in your garden by putting food out for birds.

Donate toys

Toys and games that children have outgrown or don't need that are still in good condition can make another child happy if they donate them.

Bake treats for others

Try out these easy baking recipes with your child, then encourage them to hand them out to loved ones to experience the joy of giving.

Has your child had 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.

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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.

LGBT+ History Month pack 2023

Secondary school LGBT+ lesson resource pack

Warwickshire Pride

A local charity which aims to support LGBT+ people by providing support groups, sessions with mental health professionals and providing safe spaces to meet up with peers.

Family support

Children 1st

Advice for parents or carers on how to support LGBT+ children

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

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.

C4H

Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org

@schoolhealthC4H @compassc4h @c4hwarwickshire

www.compass-uk.org/services/c4h

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