



Family health & wellbeing!

March 2023 Update

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Nutrition and Hydration Week

Nutrition and Hydration Week will be celebrated between 13 - 19 March with the theme 'Reinforce, Focus and Energise'

It's a great opportunity to highlight the importance of improving nutrition and hydration locally, nationally and globally.

We've compiled some of the websites, resources and advice families often find useful when trying to improve their nutrition and hydration. Is there anything new your family could try to improve your wellbeing?



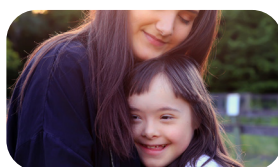
Goal setting

Guidance on how to set targets to improve children's nutrition.



Food diary

Our food diary can help you identify patterns that promote healthy eating, and prepare you for consultations with professionals.



Support for SEND

- [Create a lunch box](#)
- [Healthy or treat](#)



Change Makers

The Change Makers team teaches Warwickshire families about good nutrition, staying active and other healthy living topics.



Better health, healthier families

Easy ways to eat and move more.



National Child Exploitation Awareness Day

Child exploitation is happening everywhere - including in Warwickshire. It's everyone's responsibility to spot the signs and protect children and young people from abuse.

- [Learn more about child exploitation in Warwickshire, including where to get support.](#)
- [Signs of child exploitation to look out for.](#)



March 18th is [National Child Exploitation Awareness Day](#). Stop CE aims to highlight the issues surrounding Child Exploitation; encouraging everyone **to think, spot and speak out against abuse.**

You can support this campaign by writing a personal pledge on your hands and posting your photo on social media with the hashtag [#HelpingHands](#) and [#CEADay23](#) [#EndCEin23](#)

Sign Language Week

This year marks the 20th anniversary of the historic moment when British Sign Language (BSL) was acknowledged as a language in its own right. This year's Sign Language Week runs from **13 – 19 March 2023** and the theme of this year's campaign will be **"Protecting BSL"**.

The British Deaf Association fight to protect, preserve and promote the beautiful, unique, visual language for future generations to come.

Click on the links below to find out more:

- [Learn British Sign Language](#) - online sessions for all ages
- [BDA Sign Language Week](#) - learn about the history of SLW

[#SignLanguageWeek](#) [#SLW2023](#)



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

 @schoolhealthC4H

 @compassc4h

 @c4hwarwickshire

www.compass-uk.org/services/c4h

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