

Welcome to our School Health Newsletter

Supporting you and your family every step of the way.

We're here to help children, young people, and families across Warwickshire stay happy and healthy. Our team brings together health visitors and school nurses to provide joined-up support from pregnancy through the school years and into young adulthood - up to age 25 for children and young people with special educational needs or disabilities (SEND).

We offer advice and support on everyday topics such as feeding, sleep, emotional wellbeing, healthy lifestyles, and important changes like starting school or growing up. Whether you need guidance, reassurance, or extra support, we're here to help.

You'll see our team in schools, Family Hubs, clinics, and community settings, and sometimes through home visits. We work closely with schools, GPs, and other local services to make sure families get the right support at the right time, focusing on early help and prevention.

Our School Age Health Service supports children from starting school through secondary education. School nurses and health professionals work with families and schools to promote good health, spot concerns early, and support children's wellbeing. We also deliver health programmes such as the National Child Measurement Programme (NCMP) and health needs assessments to help us understand and support children's health across Warwickshire in partnership with Healthy Futures (Compass).

Most importantly, we aim to help children grow into confident, healthy young people - ready to learn and thrive.

Contact our service by telephone or email or visit our website.



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School Health Newsletter

Designed for Schools and Families in Warwickshire

Edition: June 2026

Introduction

Welcome to the latest edition of our School Health Newsletter, created by Warwickshire's Child and Family Wellbeing service for children, young people and their families.

This newsletter is designed to keep you informed and connected with our service. Each edition will share health advice, service updates, and insights from our team as we work together to help children and families in Warwickshire lead healthier, and happier lives.

As a 0-19 service that supports families, your feedback is invaluable to us. If there's something you'd like us to explore in future newsletters, we'd love to hear from you.



We Want Your Feedback

To help us ensure our newsletters are filled with information which is relevant to you and your family, please [click here](#) to complete our online feedback form.

Your June Newsletter Includes

Health and Wellbeing Focus of the Month

With the start of Child Safety Week, we're exploring top tips for teaching your child how to stay safe in different environments and situations. We'll also share practical tips from our SEND practitioner on this health topic.

Upcoming Public Health Campaigns

We'll share tips and signposting for any public health campaigns and awareness days which your schools or families might be interested in taking part in.

Service and Local Countywide Updates

This section will highlight any updates from our service, along with local updates which could be relevant to you and your family.



Supporting Children's Health and Safety: Child Safety Week 2026

Creating safe environments at home and in the community plays a vital role in children's physical and emotional wellbeing. Below are strategies to help you support your child at different stages of their development.

Primary Age Support (4-11 years)

Younger children need clear rules, close supervision, and repeated guidance to stay safe.



Road Safety

- Practise "Stop, Look, Listen, Think" every time you cross a road.
- Always hold hands near traffic or in busy areas.
- Teach children to use zebra or pelican crossings where possible.
- Ensure they wear seatbelts and appropriate car seats/boosters.



Seasonal Safety

- **Summer:** Apply sunscreen, encourage hats and hydration.
- **Winter:** Dress warmly and watch for slippery pavements or ice.
- Teach awareness of weather conditions (e.g. not playing near flooded areas).



Burns and Scalds

- Keep hot drinks and food out of reach.
- Turn pan handles away from the edge.
- Supervise in the kitchen and bathroom.
- Always check bath water temperature before use.



Choking Hazards

- Cut food into small, manageable pieces (e.g. grapes, sausages).
- Encourage children to sit while eating and chew properly.
- Keep small objects (coins, toy parts, batteries) out of reach.

Supporting Children's Health and Safety: Child Safety Week 2026

Secondary Age Support (11-18 years)

Young people will gain independence but still benefit from guidance and open conversations about risk.

Road Safety

- **Reinforce safe habits:** Avoid mobile phone use while crossing roads and stay aware when using headphones near traffic.
- **Discuss safe cycling:** Wearing helmets and following road rules.
- Encourage responsibility as passengers or new drivers (where applicable).

Fire Safety

- Ensure they understand: The risks of candles, chargers, electrical items, and not overloading plug sockets.
- Encourage responsibility when cooking independently.
- Reinforce the importance of working smoke alarms.

Seasonal Safety

- Promote awareness of:
 - Sun safety and avoiding sunburn.
 - Cold weather risks, including hypothermia.
- Discuss safety in seasonal activities (swimming, festivals, outdoor events).

Burns and Scalds

- Teach safe use of: Kettles, ovens, hobs, hair straighteners and heated appliances.
- Highlight risks when cooking while distracted (e.g. using phones, talking).

Poison Prevention

- Discuss safe use of: Medicines (correct doses, no sharing) and household chemicals.
- Raise awareness of the dangers of: Misusing substances, including alcohol and smoking/vaping.
- Encourage them to seek help immediately if something is ingested accidentally.



SEND Spotlight: Child Safety Week

Children with SEND may need extra support to stay safe as they can find it harder to recognise danger, communicate concerns, or process risk.

Simple Strategies to Support your Child

- **Teach safety clearly and often** – use simple, consistent language.
- **Use social stories** to explain situations like road safety, strangers, or what to do if worried.
- **Use visual timetables and reminders** to build safe routines (stopping at the door before going out).
- **Practise real-life situations** – e.g. crossing roads, asking a safe adult for help.
- **Use visual cues and symbols** (traffic lights, danger signs) to support understanding.
- **Support communication** – ensure children can say or show “help” or “stop” in their preferred communication method.

Safety at Home: Top Tips

- Use locks, gates, and safety equipment where needed.
- Keep routines consistent.
- Talk through safety during everyday moments (e.g., cooking, bath time, going out).
- Reinforce messages calmly and regularly.



Safety at School: Key Considerations

- Individual risk assessments for pupils with additional needs.
- Clear plans for: transitions, toileting, break/lunchtime supervision.
- Identified trusted adults.
- Visual supports used consistently across settings.

Remember:
Children learn best when safety is **visual, practical, repeated, and personalised.**

Upcoming Public Health Campaigns and Awareness Days

Ideas for exploring these health campaigns at home with your children.

2026		JUNE					
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

Child Safety Week

1st – 7th June 2026

Child Safety Week is all about reducing accidents and helping children learn how to stay safe in everyday situations.

Spot the hazards: Walk around your home or local area together and ask your child to point out things that might be unsafe (e.g. hot surfaces, roads, sharp corners).

Role play: Practise what to do in common situations, such as crossing the road, answering the door, or what to do if they feel lost.

Safety chats: Use everyday moments to talk about safety online, at the park, or when out on bikes or scooters.

Men's Health Week

8th – 14th June 2026

Men's Health Week encourages men and boys to talk more openly about their physical and mental wellbeing. **Normalise feelings:** Let children see that it's okay for men and boys to talk about how they're feeling. **Get moving together:** Go for a walk, play football, or do something active as a family to show how movement supports health. **Healthy habits:** Talk about sleep, food, and taking breaks, and how these help everyone feel their best.

Loneliness Awareness Week

15th – 21st June 2026

Loneliness can affect anyone, including children and young people. Loneliness Awareness Week reminds us how important it is to feel connected and included.

Talk about friendship: Ask your child what makes a good friend and how it feels to be included (or left out) – let them know different emotions are normal.

Check in: Make time for regular family check-ins where everyone can share something about their day.

Reach out together: Encourage small acts of kindness, like sending a message to a relative, inviting someone to play, or smiling and saying hello.

Warwickshire Child and Family Wellbeing Service Updates

Explore recent updates from your 0-19 health service and the local area.

Completing your Child's School Readiness Health Questionnaire

Parents and carers of children starting school for the first time in Warwickshire are asked to complete the School Readiness Health Questionnaire online.

This helps us identify any health or wellbeing needs your child may have as they begin school, so they can reach their full potential.

The information also allows us to tailor health support and information for each school based on the needs of their pupils. All responses are treated confidentially.



How Can I Complete the Questionnaire?

Once the questionnaire has been launched, you will receive an email from the Warwickshire Child and Family Wellbeing Service with a link inviting you to complete the questionnaire.

Watch Our Online Video: Preparing Your Child To Start School

Your Warwickshire Health Visitors and School Nurses have worked together to create a video resource which helps parents and carers to prepare their child for the big milestone of starting school.

This video is filled with practical tips and advice to help your child feel more comfortable about starting school, and to ensure your child has the skills they need to succeed in their classroom environment.

[Click here to watch on Facebook.](#)



Warwickshire Child and Family Wellbeing Service Updates

Explore recent updates from your 0-19 health service and the local area.

Year 9 Health Needs Assessments: Supporting Thousands of Young People Across Warwickshire

Warwickshire Child and Family Wellbeing Service is proud to celebrate the continued success of its Year 9 Health Needs Assessments, which have supported the health and wellbeing of almost 4,500 Year 9 pupils across Warwickshire this academic year.

These assessments form a vital part of early intervention and prevention work with young people, providing them with the opportunity to reflect on their health, discuss concerns, and access tailored advice and support at a key stage in their development.

Making a Meaningful Difference

Through the Health Needs Assessments, School Nurses have engaged directly with thousands of students, helping them to better understand and manage a wide range of important health and wellbeing topics. The programme ensures that young people feel heard, supported, and equipped with knowledge to make informed choices about their health.

The areas of health advice provided have included:

- Emotional health and wellbeing
- Safer internet use
- Improving sleep hygiene
- Physical activity and staying active
- Managing worries and stress
- Building and maintaining healthy friendships
- Sexual health awareness
- Substance use and alcohol education
- Promoting positive body image and self-esteem

By offering guidance on these topics, our School Nurses help to empower young people to develop resilience, make healthy decisions and seek support when needed.

Listening to Young People

A key strength of the Year 9 Health Needs Assessments is the opportunity for students to share their concerns in a confidential and supportive environment. This allows School Nurses to identify emerging health needs early and provide personalised follow-up where required, ensuring no young person feels overlooked. Feedback from schools and pupils has been overwhelmingly positive, highlighting the value of having a trusted professional available to discuss issues that matter to them.

Working in Partnership with Schools

The success of the programme would not be possible without the strong collaboration between schools and our service. Together, we create a supportive framework that promotes health, wellbeing and safeguarding across Warwickshire's school communities. The School Nursing Team is keen to continue expanding this important work.

Get Involved: If your school would like to take part in the Year 9 Health Needs Assessment programme and support your students' health and wellbeing, please contact our service for more information. Together, we can continue to make a positive difference in the lives of young people across Warwickshire.

Warwickshire Child and Family Wellbeing Service Updates

Explore recent updates from your 0-19 health service and the local area.

Fully Funded Theatre in Education Sessions on Safeguarding for Year 5/6 – Book Now for Summer Term 2026

Selected primary schools in Warwickshire are being offered Home Office funding through Warwickshire County Council and the Serious Violence Partnership. The funding is to enable schools to have FREE sessions of Loudmouth Education & Training's theatre in education programme on safeguarding, for Year 5/6: [Helping Hands](#).

“What a fantastic way to teach these sensitive issues. Loudmouth were fantastic! They were clear and engaging – super!”

Loudmouth have been supporting schools for over 30 years and their Helping Hands programme is proven to improve pupil's confidence and awareness of safe relationships.

Following the previous Helping Hands tour of Warwickshire primary schools, **98% of pupils and 100% of staff evaluated said that they would recommend the programme**. The programme is a safe and accessible approach that meets the needs of the new RSHE primary guidance and KCSIE (Keeping Children Safe in Education).

This offer of **FREE** sessions covers sessions that take place **this summer term**. To find out if your school is eligible, contact Loudmouth as enquiry@loudmouth.co.uk



loudmouth
education & training through theatre



Healthy Futures: Update for Warwickshire Schools

Health Futures is delivered by Compass, who are working alongside the Warwickshire Child and Family Wellbeing Service to support the health needs of children, young people and families across the county.

National Child Measurement Programme (NCMP)

It has been a positive final effort, with health practitioners working across Warwickshire to reach children who had not yet had their height and weight measurements. Their commitment and persistence have helped ensure we capture as complete a picture as possible across the county, providing valuable data to support our understanding of children's health needs in Warwickshire.

Parental Sessions

This month, we successfully delivered our Unboxing PSHE and Challenging Conversations for Families sessions. These sessions aim to help parents build confidence in navigating challenging conversations with their children and learning about PSHE delivery in their child's school.

Health Education Packages

Health Education sessions are being delivered across schools, with tailored packages aligned to your priorities, Please get in touch if you would like any sessions for the summer term.

Healthy.futures@compass.org.uk

Thinking Ahead – Support for September

As schools prepare for the start of the September term, we can offer a range of health interventions to support children with a positive transition back to school. If your school would like more information, please get in touch to discuss your needs and arrange tailored support.

Sexual Health Roadshows

Bilton High School hosted a successful Sexual Health Roadshow with staff delivering a series of sessions to Year 10 students. A collaborative day where Healthy Futures partnered with Warwickshire Child and Family Wellbeing Service, Safeline and Coventry and Warwickshire sexual health hub to engage students in conversations and activities that promote sexual and emotional health.

Roadshow Feedback: We had feedback from the students who said "They thought that the sessions were useful and taught them new information – They felt that healthy relationships and misogyny were the the most important sessions". Staff said, "It is clear they engaged and were listening to everything that was said - they found some sessions more challenging because of the content, but this made them more meaningful".

Updates from the Warwickshire Health Visiting Team

Information and updates shared from your Health Visitors.

Summer = Sun Safety

Protecting children and young people from harmful UV rays is especially important during the warmer months. Even on cloudy days, UV exposure can damage skin and increase the risk of long-term health issues. Promotion of sun safety is key by reminding pupils to wear hats, apply high-factor sunscreen regularly, stay hydrated, and seek shade during peak sunlight hours (11am–3pm). Embedding these simple habits can help support children's health and wellbeing both in and outside of school.

Further information can be found on the NHS website: <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Learning Disability Week 2026

Learning Disability Week 2026 takes place from 15–21 June and is an annual event led by Mencap to raise awareness, challenge stigma, and celebrate the lives and achievements of people with learning disabilities. The week highlights the importance of inclusion, accessibility, and ensuring that individuals with learning disabilities are valued equally within education, health, and the wider community. Further information, including resources and ways to get involved, can be found on the Mencap website:

<https://www.mencap.org.uk/learningdisabilityweek>

Well-Baby Clinics: New Locations

From May 2026 onwards, our Well Baby Drop-In Clinics will be held at the following locations in Bedworth and Nuneaton:

Visit our website to view all our clinic locations and upcoming dates:

<https://warkschildandfamily.co.uk/events/>



Bedworth Health Visiting Well Baby Drop In Clinics

Date: First and third Thursday of the month

Time: 9:30am – 11:00am

Location: St. Francis Church Hall

No booking required



Nuneaton Health Visiting Well Baby Drop In Clinics

Date: Second and Fourth Thursday of the month

Time: 9:30am – 11:00am

Location: Hatters Space Best Start Family Hub

No booking required



Thank You For Reading

Supporting every child, every step of the way

As we wrap up this edition of our newsletter, we wanted to say thank you for taking the time to stay connected with our service and for working to support your child's health and wellbeing. Nurturing and supporting children is a shared effort, and as a service we value the partnership between professionals, school, home and our wider community.

Need support, or have questions?

If you'd like to contact our service for support for your child or for any additional information about what we can offer to your family, please use the contact details below, or visit our website: warkschildandfamily.co.uk



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Helpful Signposting and Resources

Here are some trusted agencies and organisations offering information and resources for supporting children and young people with their safety:

NSPCC – Home safety advice: www.nspcc.org.uk

Warwickshire Family Information Service (FIS): Information and local support for families: <https://www.warwickshire.gov.uk/children-families>

Child Accident Prevention Trust: www.capt.org.uk

Think! Road Safety: www.think.gov.uk

NSPCC Online Safety Hub: www.nspcc.org.uk/online-safety

Internet Matters: www.internetmatters.org

CEOP (reporting online harm): www.ceop.police.uk



Our next School Health Newsletter
is due out Wednesday 1st July.