



Family health & wellbeing!

September 2022 Update

in this issue...

National Eye Health Week [Page 2](#)

International Week of Deaf People &
Rosh Hashanah - Jewish New Year [Page 3](#)

Useful contacts [Page 4](#)



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



National Eye Health Week

This week takes place from 19 - 25 September 2022 promoting the importance of good eye health and the need for regular eye tests.

All children and young people need good vision at school to read books, look at the board, fill in worksheets and much more. Now is a good time for children and young people to have their eye checks.

FAQ's

Do I have to pay for my child's eye test?

The NHS offer **FREE** sight tests which are available at opticians for children under 16 and for young people under 19 in full-time education. The test will include checking vision far and near, how the eyes work as a pair, how the eyes focus and the health of the eyes inside and outside.

Why are eye checks important?

Eye checks are important to identify if there is an eye problem. The sooner an eye problem is found, the sooner the issue can be treated. Children may not realise they have a vision problem, so without routine tests, there's a risk a problem may not be spotted. This may affect their development and education. If you have any concerns about your child's vision, see a GP or go to an optician.

Information for parents of children with learning disabilities

Children with learning disabilities are at higher risk of having vision problems, and may be less able to communicate these issues. It's recommended that children with learning disabilities have an eye test at least once a year. Registered UK charity SeeAbility offers lots of useful resources to help with your child's vision checks, including general advice, Makaton videos, easy-read guides, and forms to help your optometrist understand your child's needs. You can access this [here](#).



Useful websites

[Eye tests for children](#)

[Vision matters](#)

[Children's eye health resources](#)

International Week of Deaf People

International Week of Deaf People runs from 19 – 25 September with the theme of building inclusive communities for all. There are many ways families can get involved with the campaign. Click on the links below to find out more:

- [National Deaf Children's Society](#) – information, support and advice
- [Learn British Sign Language](#) – online sessions for all ages
- [The BUZZ for Deaf Young People](#) – website for deaf young people aged 8 to 18
- [Help and Support \(8 – 18\)](#) – help and support for deaf young people



Rosh Hashanah – Jewish New Year

Rosh Hashanah is the Jewish New Year festival which is a time to think about your priorities in life and ask for forgiveness for wrongdoings. Many Jews believe that God keeps a Book of Life with the names of everyone who is sorry for what they have done wrong.



They hope that they and their loved ones will be written in the Book of Life. Judaism teaches that God decides on the first day of the year who will be forgiven, so they will ensure they apologise to everybody they have been unkind to during the past year. One of the synagogue rituals for Rosh Hashanah is the blowing of the shofar, a ram's horn trumpet. A hundred notes are sounded in a special rhythm. The sound of the shofar starts a ten-day period known as the Days of Awe, which ends with Yom Kippur.

Happy Rosh Hashanah!

Shanah tovah

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 child 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

Compass