



## A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

Our team have a special message for you! Click here to see what they have to say:

[cutt.ly/wshwbs-youtube](https://cutt.ly/wshwbs-youtube)

### *This week's feature: Getting a good night's sleep*

The current pandemic has affected many aspects of our wellbeing, and sleep is no exception. Some people may be finding it harder to get to sleep, while some have reported having strange and vivid dreams. Some of us might even be enjoying getting a bit more sleep because of changes in our routine. Whatever our situation, getting enough sleep is essential for both our mental and physical health and wellbeing.

#### **Why is sleep important?**

- ★ Sleep boosts our immunity, helping us to fight off diseases and stay healthy.
- ★ Research shows that a good night's sleep can improve our memory and problem-solving abilities.
- ★ A bad night's sleep can put us in a bad mood, while long-term sleep deprivation is linked to mental health problems such as depression.

Find out more about the importance of sleep here: [cutt.ly/nhs-sleep](https://cutt.ly/nhs-sleep)

#### **Tips for getting a better night's sleep**

- ★ Try to stick to the same bedtime and morning routine, even if your schedule has become more varied. Going to bed and waking up at the same time every day has been shown to improve sleep quality. Remember most adults need around 8 hours sleep, while children and young people need longer.
- ★ Get plenty of bright light in the day, and reduce exposure to blue light in the evening. Studies have shown daylight exposure in the day can help with our sleep (but remember to protect against the sun while you're outdoors). The blue light that comes from our phone and TV screens can make our sleep worse if we are exposed in the evening. Try switching off devices 2 hours before bed. Have a look in your phone settings (and/or your child's) to see if you can reduce blue light in the evenings.
- ★ Get plenty of exercise (but not too close to bedtime). Take a walk, or try out a Youtube workout video.
- ★ Avoid caffeinated drinks. If you do drink them, try not to have any for 7 hours before bedtime.
- ★ Create a relaxing bedtime environment. As part of your or your child's bedtime routine, you can try a warm bath, reading a book, meditation and/or relaxing breathing, and relaxing music. Lavender scented products are also thought to help with sleep and relaxation. What works for your family will be unique to you, so if you are having difficulties it's worth trying out a few of these ideas.

## Useful links

### Activities to do at home

Make a COVID-19 time capsule:

[cutt.ly/time-capsule](https://cutt.ly/time-capsule)

Try some simple, healthy recipes for kids:

[cutt.ly/bbc-recipes](https://cutt.ly/bbc-recipes)

Bird-themed activities & games: [cutt.ly/rspb](https://cutt.ly/rspb)

Things to do at home & in the garden:

[cutt.ly/national-trust](https://cutt.ly/national-trust)

All sorts of activities from Save the Children:

[cutt.ly/save-the-children](https://cutt.ly/save-the-children)

Fun ideas from Countryfile:

[cutt.ly/countryfile](https://cutt.ly/countryfile)

### COVID-19 family guidance

Parenting support for Warwickshire families during COVID-19: [cutt.ly/parenting](https://cutt.ly/parenting)

Compass info & resources for parents/carers:

[cutt.ly/coronavirus-parents-carers](https://cutt.ly/coronavirus-parents-carers)

Resources for people with autism and families:

[cutt.ly/autism-resources](https://cutt.ly/autism-resources)

Information for Warwickshire families:

[warwickshire.gov.uk/fis](https://warwickshire.gov.uk/fis)

Support accessing food:

[cutt.ly/accessing-food-advice](https://cutt.ly/accessing-food-advice)

How to help your teenager stay home during lockdown:

[cutt.ly/teens-stay-home](https://cutt.ly/teens-stay-home)

Refuge Domestic Abuse Service Warwickshire:

Call **0800 408 1552**



## Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing: get in touch using the details below for free, confidential advice.

### Parents/carers

Service mainline: **03300 245 204**

Text Parentline: **07520 619 376**

### Children/young people aged 11–19 years

Text ChatHealth: **07507 331 525**

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?



[www.compass-uk.org/services/warwickshire-school-health-wellbeing-service](https://www.compass-uk.org/services/warwickshire-school-health-wellbeing-service)



## Home learning resources

[bbc.co.uk/bitesize/dailylessons](https://bbc.co.uk/bitesize/dailylessons)

Timetable of free celebrity lessons:

[cutt.ly/celeb-timetable](https://cutt.ly/celeb-timetable)

Learning and fun from the Eden Project:

[cutt.ly/eden-project](https://cutt.ly/eden-project)

Online learning from Canal & River Trust:

[cutt.ly/canal-river-trust](https://cutt.ly/canal-river-trust)

Learn about space with CBeebies Stargazing:

[cutt.ly/cbeebies-stargazing](https://cutt.ly/cbeebies-stargazing)

Info and education resources for children and young people with SEND: [cutt.ly/SEND-education](https://cutt.ly/SEND-education)

## Emotional and mental health resources

Resources for professionals, parents/carers and young people: [camhs-resources.co.uk](https://camhs-resources.co.uk)

Every Mind Matters: Coronavirus & wellbeing

[nhs.uk/oneyou/every-mind-matters](https://nhs.uk/oneyou/every-mind-matters)

Young Minds Coronavirus support:

[cutt.ly/young-minds-coronavirus](https://cutt.ly/young-minds-coronavirus)

RISE resources: [cwise.com](https://cwise.com)

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline:

Children's Crisis Team at Whitestone on **02476 641 799** between 8am and 8pm

Coventry Crisis Team on **02476 938 000** between 8pm and 8am.