

# School Health Summer Holiday Booklet

## for Warwickshire parents/carers

This booklet has been produced by your local school nursing service. It contains health & wellbeing advice, safety information, fun activities and resources aimed to help families keep healthy, safe and entertained over the summer holidays.

### What's inside?

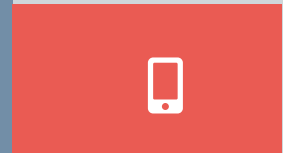
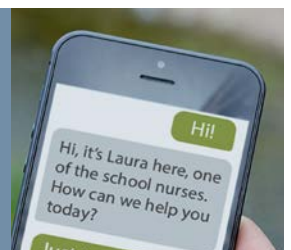
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## Here to support you

Warwickshire School Health & Wellbeing Service is here to support you and your child: contact us for free, confidential advice from a school nurse. Parents/carers can call **03300 245 204** or text Parentline on **07520 619 376**. Children/young people aged 11-19 can text ChatHealth on **07507 331 525**.

Children and young people also have the opportunity to speak face-to-face with their school nurse at school. They can arrange this using the contact details above or by asking one of their teachers.

 [www.compass-uk.org/services/wshwbs](http://www.compass-uk.org/services/wshwbs)





# Things to do in Warwickshire

## [Country Parks, Activities, Events and Volunteering](#)

Warwickshire County Council encourages people to get out and about to explore local country parks, participate in activities and events and help out by volunteering.

## [Visit local Skate Parks](#)

Warwick District Council provides these facilities for skateboarders and inline skaters. All are free to use. Although there is no need to be a member, some of the skate parks have strong user groups and there are benefits to getting involved.

## [Play Areas](#)

Warwick District Council maintain over 40 play areas aimed at a range of age and ability levels.

## [Riverside Walk](#)

Riverside Walk is a pleasant 3½ mile (5½ km) walk linking Leamington and Warwick. It follows the River Leam, Grand Union Canal, and River Avon. There are cafe facilities and toilets at various locations along the route. The route can be modified for wheelchair and pushchair users: also check out accessible walks around lakes from a main car park in [Rugby](#) and [Kingsbury](#).

## [Find a Nature Reserve Near You](#)

The Wildlife Trust nature reserves include ancient woodlands, lakes, meadows, stretches of river, urban parks, hills, heather-clad heathlands, marshes and coastal habitats. Nearly all of the nature reserves are free to enter and nearly all have public access to parts of the site. Use the link above to find one near you, or check for [accessible nature reserves](#) - many of reserves are equipped with accessible paths, lifts, sensory gardens, disabled facilities and buggy hire. Nothing needs to hold you back from enjoying the great outdoors!

## [Cycle North Warwickshire – Family Cycle Routes](#)

Routes start at Kingsbury Water Park in North Warwickshire. The park is home to 15 lakes and covers some 600 acres. The flat terrain and surfaced paths make it a great location to explore the area by bike.

## [Compton Verney](#)

Discover the unique delights of Compton Verney, where there's something for everyone to enjoy. 120 acres of stunning parkland and lake surround an award-winning art gallery and gift shop.

Escape the everyday to wander through the historic 'Capability' Brown landscape, marvel at the world-class art exhibitions or have fun in the outdoor adventure playground. All ages are welcome.

## **Parks, recreation and green gyms**

Exercise outdoors for free at these parks and recreation grounds, some of which include outdoor gym equipment.

### [North Warwickshire](#)

### [Nuneaton & Bedworth](#)

### [Rugby](#)

### [Stratford-on-Avon](#)

### [Warwick](#)



# Stay active

Did you know children and young people should be physically active for an hour every day? Public Health England provides [this guidance for 5 to 18-year-olds](#) and [this guidance for 19+](#).

## Tips for getting active

- Children don't need to get their daily target of 60 active minutes all in one go – they can do them in chunks of 10 minutes throughout the day.
- Try something new. If you're not sure what activities you'd like to try as a family, try [the BBC's 'Which sport are you made for?' tool](#) to find out what you're best suited to.
- If parents are physically active, their children are likely to be active too, so lead by example.
- Instead of watching TV, encourage your child to find fun activities to do on their own or with friends, such as playing chase or riding their bikes.
- Let your kids help decide what to do. Children are more likely to participate in something if they're involved in picking it.
- When it comes to play, children should do what they enjoy most. Running around, having fun with other kids and burning off energy are great ways of getting some (or all) of their recommended 60 minutes.
- Walking is a fun and easy way for children to get active while spending time with you and their friends.
- Have a disco in your lounge with your music. All you need are some great tunes and you and your children can have fun dancing anywhere. Read about dancing for fitness.
- Have a splash – whether they're doing lengths of the pool or having a good splash about, children love playing in water.
- Cycling is a great alternative to the car or bus. You don't even need to have somewhere to get to – just taking the kids out for a bike ride is a fun activity.

**Source:** [NHS](#)

## Staying active at home

### [Change4Life - 10 minute Shake Up Games](#)

Play-along games inspired by popular Disney and Pixar characters

### [Cbeebies - fun activities to do at home with kids](#)

Activities include yoga, balloon ball, dancing, bowling, animal relay and racing.

### [Change4Life - activity ideas for disabled children & young people](#)

### [BBC Bitesize advice on physical activity for children with SEND](#)



# Nature

There are many activities that you can do with family and friends to rediscover nature and get outdoors. The activities below are fun, creative and can help you connect with others while enjoying the positive mental and physical impacts of nature.

## Get outdoors activities

### Activity Booklet (5-11 Years)

The booklet contains 14 colourful, educational walking activities for children to complete with their families.

### Activity Diary (5-11 Years)

Children can complete a selection of fun walking-related activities at home.

### Walk Randomiser (5-14 Years)

Children and young people can cut out and fold up this Walk Randomiser for an excellent, random way to get moving.

### My Walking Week (11-14 Years)

Young people can track their walks and answer questions to help them take notice of their experience with this walking journal.

### Stargazing

Gaze up at the stars. How does it make you feel? What words can you use to describe your special view?

### Bird Watching

What birds can you see? Can you find out their names? Try writing them down in a notebook or your phone - how many birds can you collect?

### Cloud Watching

Find a patch of grass, lie back and watch the clouds go by. With a little imagination, you can create whole worlds from the shapes you see in the clouds.

### Painting Stones

Get crafty and take your mind off your stresses by painting a stone.

### Leaf Pictures

Use the leaves near your home to create art.

### Have a picnic

Enjoy some time with your family and friends, have a chat, and eat some **tasty, healthy food**.

### Outdoor activities for children with SEND

Includes a range of sensory activities for the garden.



# Nutrition & hydration

## Top tips

It is recommended that we eat at least 5 portions of fruit and vegetables every day. Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Learn more about getting your 5-a-day from [Change4Life](#).

The amount of fluid a child needs depends on many factors including age, gender, the weather and how much physical activity you do, but generally, children should aim to drink about 6-8 glasses of fluid per day ( [learn more here.](#)) If you have an autistic child, they may need to be encouraged to have enough drinks - you can find out more about ways to do this [here.](#)

## Activities

[Hydration info](#) and [hydration quiz](#)

[Hydration diary - are you drinking plenty?](#)

[Change4Life food scanner app](#)

[Healthy snack ideas and recipes](#)

## Change Makers: helping families live a healthier lifestyle

Are you concerned about your child's eating habits, weight or physical activity levels?



Speak to the Change Makers team. Change Makers is a free healthy lifestyles service based in Warwickshire. They offer support with nutrition and physical activity to any family that has a child that goes to a Warwickshire school. They can provide you with the tools and resources to make positive changes in your family's lifestyle, and can help find solutions if your child struggles with things like fussy eating or avoiding physical activity.

If your family needs any support, contact the School Health and Wellbeing Office on **03300 245 204** or email on [warwickshireschoolhealth@compass-uk.org](mailto:warwickshireschoolhealth@compass-uk.org)



You can also follow Change Makers on Facebook for lots of quick tips, recipes and inspiration for healthier lifestyles: [facebook.com/ChangeMakersWarwickshire](https://www.facebook.com/ChangeMakersWarwickshire)





# Emotional health & wellbeing

## Practise the 5 Ways to Wellbeing this summer

The 5 Ways to Wellbeing are simple steps we can all take to improve our wellbeing. Why not share these with your child and come up with some creative ways to include them in your daily life together?

**1. Connect.** Connecting with others is one of our most fundamental needs. Talking to others about mental health and wellbeing can help us process our feelings and receive support, and enables us to listen and provide support in return.

- Spend some time doing an activity with a loved one that doesn't involve a screen. Go for a picnic, make a meal together, or do some crafts. This can be a great way to connect in a relaxed way, without the interruption of technology.

**2. Be active.** Physical activity has been shown to boost our mood, as well as improving our confidence and self-esteem. Take a walk, cycle, jog or swim together, or just kick a ball around in the garden.

**3. Take notice.** This means giving attention to our environment and ourselves, recognising how things make us feel inside and out. Taking notice helps you focus on the present and see what is beautiful and unusual in the world.

- While eating, pay attention to your senses; the smell, taste and how it feels.
- Take notice of your surroundings when out and about - look for the details.
- When you wash your hands, what can you feel? Is it hot/cold? How does the soap smell and feel?

**4. Keep learning.** Having new experiences and gaining knowledge and skills continues to be essential for our wellbeing at all ages. It helps us feel more confident and gives us a sense of purpose.

- Your child will have lots of opportunities to learn while in school, but encouraging them to pick up hobbies and try new things outside of this can get them in the habit of bringing about their own learning, which continues once school is over. Lead by example and try new things together.

**5. Give.** Acts of giving and kindness create positive feelings and a sense of purpose, as well as helping us to connect with others and feel part of our community.

- Giving can be something simple, like asking someone how they are and really listening to their answer. Your child could spend extra time with elderly relatives, or send them a card or letter. Or you could try helping out a friend or volunteering together in the community.

### Emotional resilience activity

Learning to understand and regulate emotions is an important step to developing emotional resilience. Our 'Regulating Emotions' activity puts emotions into different groups based on a traffic light system. This methodology often proves useful for autistic children and can help all children learn about their emotions. [Download standard version](#) // [Download easy-read version](#)



# Mental health

## Talking to your child about mental health

With many young people having reported mental health struggles since the pandemic, it may help your child to know it's safe to talk to you about any problems or difficult feelings they have. Talking about mental health as a family can seem uncomfortable if it isn't something you are used to; however, making it a regular part of conversation can help your child recognise that everyone has mental health in the same way we all have physical health, and can reduce the awkwardness they may feel when talking about mental health problems. Having an open dialogue allows you to provide comfort and support with any issues they are facing as they arise.

## Starting the conversation

Talking in a relaxed, natural way can help your child open up; however, it can be difficult to know how to start the conversation. YoungMinds, a UK charity for young people's mental health, have provided a range of activities and questions to get the conversation flowing, alongside advice on what to do if your child tells you they are struggling. [Access this resource here.](#)

## Seeking help and support

There will be times when talking to your child, helping them to process their feelings, and providing comfort and support is enough. However, there may also be times when further support is needed. Examples could include a sustained period of low mood, struggles following trauma or bereavement, or a mental health problem such as anxiety disorder. **It's important you both know that support is there when you need it and asking for help doesn't reflect badly on either of you.**

- **Contact us - Warwickshire School Health and Wellbeing Service.** Parents/carers can call **03300 245 204** or text Parentline on **07520 619 376**. Young people age 11-19 can text ChatHealth on **07507 331 525**. A school nurse will talk to you and/or your child, provide advice and guidance, and make a referral to specialist services if appropriate.
- **Visit your GP.** They can assess your child and complete a referral to specialist services if appropriate.
- **See below** for services, supportlines and websites for children and young people's mental health.

### **Mental health support**

**CW RISE** - mental health services for children and young people in Coventry and Warwickshire.  
Website: [cwrise.com](http://cwrise.com)  
Urgent supportline: 08081 966 798

**NHS Every Mind Matters** - mental health advice.  
Website: [nhs.uk/oneyou/every-mind-matters](http://nhs.uk/oneyou/every-mind-matters)

**Young Minds** - CYP mental health charity.  
Website: [youngminds.org.uk](http://youngminds.org.uk)  
Parents helpline: 0808 802 5544

**Childline** - advice and support for CYP.  
Website: [childline.org.uk](http://childline.org.uk)  
Supportline: 0800 1111

**PAPYRUS** - prevention of young suicide.  
Website: [papyrus-uk.org](http://papyrus-uk.org)  
Hopeline: 0800 068 41 41



# Staying safe online

Lots of young people will spend time on their phones exploring the internet and using social media apps over the summer. The best way to keep your child safe online is to help them understand the risks they are facing and steps they can take to minimise them. [Childnet's SMART acronym](#) provides basic guidance:

## **S is for safe**

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

## **M is for meet**

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## **A is for accepting**

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

## **R is for reliable**

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

## **T is for tell**

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

## Talking to your child about internet safety

When talking to your child about internet safety, it can help to start with a positive conversation about the apps and influencers they are interested in and what it is they like about them. This also allows you to research the content they are accessing and find out specific safety advice. Ask questions to establish how much they know about internet safety; make it a two-sided conversation. When giving advice, always explain the reasons why they need to take these steps to stay safe.


### Useful links

[thinkuknow.co.uk/parents](http://thinkuknow.co.uk/parents)

[net-aware.org.uk](http://net-aware.org.uk)

[internetmatters.org](http://internetmatters.org)

### Internet safety guide with symbols

 If you think someone is grooming or harassing your child online, you can make a report and get help here: [ceop.police.uk](http://ceop.police.uk)





## Road safety

[This useful PDF from the Child Accident Prevention Trust \(CAPT\)](#) provides essential advice about keeping children safe around roads. You can also help keep your children safe when they're out and about by reminding them of these important steps:

- **THINK** about the road
- **STOP** before the kerb and wait
- **LOOK** and **LISTEN** for traffic
- **THINK** about what to do
- **CROSS** the road safely, looking and listening all the time.

If your child has additional needs, [this guide from ROSPA](#) provides advice about keeping children safe near roads based on specific conditions and behaviours.

### Watch

[Hedgehog Road Safety - Stop, Look, Listen, Live](#)

### Activities

[Colouring in](#)

[Spot the difference](#)

[Spot the hazards](#)

## Water safety

Water safety may seem like something you only need to worry about when at the beach or in a swimming pool - however, younger children are more likely to drown at home in the bath or garden pond. You can help minimise the risks by ensuring children are always attended near water and emptying things like paddling pools when not in use. [Get more advice on water safety from CAPT.](#)

### Activities

[Staying safe at the beach colouring-in](#)

[Bathroom safety quiz for adults](#)



# Sun safety

Spending time outdoors can be great for your child's health and wellbeing. However, it's important that they are aware of the risks of sun exposure and the measures they can take to stay safe.

## Why should we be careful in the sun?

The sun gives off rays of light known as UV (ultraviolet) that can be harmful. Getting too many of these rays can lead to:

- An increased risk of developing skin cancer.
- Early skin ageing such as wrinkles or leathery skin.
- Damage to your eyes, which can cause blurred vision and cataracts.

Explaining this to your child may help them be more sun safety aware.

## Staying safe outdoors

Children and young people can enjoy the outdoors safely by remembering the 5 S's of sun safety:

- SLIP on a t-shirt
- SLOP on sunscreen
- SLAP on a broad-brimmed hat
- SLIDE on sunglasses
- SHADE from the SUN where possible

Find out more about the 5 S's of sun safety [here](#).

Remember, sun damage affects us all, regardless of our age or ethnicity. However, if you have fair skin or lots of moles, you need to be especially careful.

### Watch

[George the Sun Safe Superstar - illustrated children's story](#)

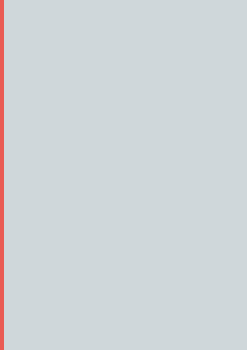
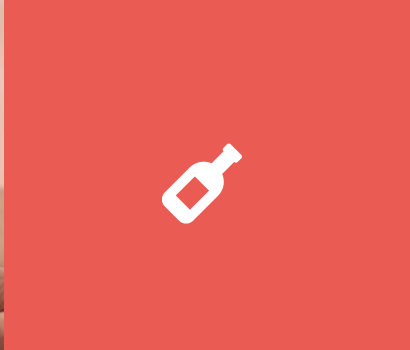
[How the sun sees you - see the effects of sun damage](#)

### Treating sun exposure related conditions

[Sunburn](#)

[Heat exhaustion and heatstroke](#)

[Dehydration](#)



# Smoking, alcohol and drugs

If you have an older child who is spending time out and about with friends this summer, you may have worries about them encountering smoking, alcohol and/or drugs. You probably can't prevent your child from ever being exposed to this, so the best thing you can do is make sure they are well informed and understand the risks of using these substances.

- You can get up-to-date information about a wide range of substances on the Talk To Frank website - [www.talktofrank.com](http://www.talktofrank.com). There are also regular news updates that can help you to gain an understanding of current substance taking trends amongst young people.
- Try to make talking about substance misuse a regular part of everyday conversation, rather than a one-off 'big talk' that could make them feel uncomfortable or defensive. Good times to bring it up may be if it comes up in a TV programme you are watching, during relaxed conversation at mealtimes, or when seated side-by-side such as during car journeys.
- Be a responsible role model for your child. If you do drink and they ask about your alcohol use, try and be honest about what makes it enjoyable and the downsides, such as hangovers and embarrassment if you lose control. Educate them on the additional risks that come with underage drinking.
- Help them understand the link between alcohol and confidence, and help them find healthier ways to feel more confident in social situations.
- If you suspect your child has been drinking, smoking or taking drugs, you may find it useful to read [this article](#) before speaking to them about it. If you feel angry, wait until you have fully calmed down before talking to them - it's unlikely you will have a productive conversation while you are angry.

## Warwickshire Children and Young People's Drug and Alcohol Services (CYPDAS)

Our partner service Warwickshire CYPDAS is here to provide children, young people and their families with support around substance misuse. This includes individuals who need help with their own substance misuse, and those who are being affected by another's misuse. The service is free and confidential. To find out more and speak to a friendly health and wellbeing worker, please get in touch:

Website: [www.compass-uk.org/services/warwickshire-cypdas](http://www.compass-uk.org/services/warwickshire-cypdas)

Phone: 01788 578 227

Text ChatHealth (for ages 11-19): 07507 331 525