



Warwickshire School Health & Wellbeing Service

ANNUAL REPORT

Academic Year 2020/2021: Year 6

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1. INTRODUCTION

WARWICKSHIRE SCHOOL HEALTH AND WELLBEING SERVICE REVIEW 2020/2021

We are pleased to present our sixth annual report, which describes how our service has continued to innovate and provide meaningful interventions to children, young people and families, despite the real and ongoing challenges of the pandemic. We are proud that we have sustained a preventative public health service to support families at a time when this is needed more than ever to help them recover from the impact of the pandemic. The amazing WSHWBS team have worked so hard this year to meet the needs of our community, despite the rapidly changing environment. We are truly making a positive difference to the lives of Warwickshire children, young people and families.

INTRODUCTION FROM COMPASS

It has been another incredibly challenging and extraordinary year for everyone living with the pandemic – for children, young people, their families, schools and Compass staff team. What has remained a constant is the team's drive and commitment to provide the best, most accessible and flexible service possible, working closely together with head teachers and settings to ensure children, young people and families can get the support they need when they need it, in a way that is easiest for them. Even during such challenging times, the team has managed to further develop the services offered and ensure they are continuously seeking feedback, listening, reviewing and improving.

The team have worked tirelessly to provide a wide range of public health prevention programmes on health and wellbeing issues that matter most. This is alongside responding to thousands of requests for support and helping families to find simple no/low cost effective ways to improve their overall wellbeing. As the demand for support has increased, the team have been creative, making best use of the resources available so everyone can receive support from the service. What is evident from this report is that the child, young person and family remains central to the team's planning and decision making. I would like to extend my sincere thanks to the team for their continued hard work and dedication, and to the schools and partners who help us deliver this incredibly important and much valued service.

Rachel Bundock
Chief Executive, Compass

INTRODUCTION FROM PUBLIC HEALTH

The School Health & Wellbeing Service has been in place for six years now. The service provides a high quality, visible, accessible and confidential offer, focused on improving health and wellbeing and reducing health inequalities for school-aged children and young people in Warwickshire.

The COVID-19 pandemic continues to bring significant challenges to services and residents. We have worked closely with Compass to help them respond to and manage the challenges, ensuring that our children and young people continue to be supported. However, children and young people have been significantly affected by the pandemic and the demand for support continues to grow and we have seen a notable rise in referrals to the service during this year.

Despite these challenges, Compass (WSHWBS) have maintained strong connections with schools, reviewing how services can be delivered effectively and smartly and ensuring public health campaigns and messages are fully embedded into their day-to-day activity and engagement with children, young people and their families.

We are pleased to see they have been able to progress several of their priorities, including:

1. Developing a healthy lifestyle offer with Change Makers, including a pilot to review the offer with parental engagement.
2. Improving the digital offer to increase choice and accessibility to families, young people and schools, including online medicine management training. The investment in communications has been important, strengthening and broadening the service's reach.
3. The Peer Champion pilot in Rugby has made a very strong start, with 93% of schools in the area signed up to take part and positive feedback received.
4. The introduction of two specialist roles, Child in Care nurse and child exploitation specialist nurse, has strengthened the support to children and young people who are vulnerable.
5. The service continues to explore ways to ensure public health campaigns are accessible for children with special educational needs and/or disabilities, for example the campaigns around raising awareness of child exploitation.
6. The service has also appointed a countywide qualified SCPHN team leader with responsibility for mental health and wellbeing.
7. We welcome the new branding, and the commitment to co-production adopted.

We would like to thank all the staff at Connect for Health for their hard work and commitment to maintaining a high-quality service to children and young people in Warwickshire during such challenging times. Their professionalism and commitment to service improvement is exemplary.

Kate Sahota

Lead Commissioner (Family Wellbeing),
Warwickshire County Council

Karen Higgins

Commissioner (Family Wellbeing), Warwickshire
County Council

WARWICKSHIRE COUNTY COUNCIL: OUTCOMES FOR THE CHILD

**I am
supported to
be healthy**

**I am
supported to
stay safe**

**I am
supported
to enjoy and
achieve**

**I am
supported
to make
a positive
contribution**

**I am
preparing
to achieve
economic
wellbeing**

**My voice is
heard**

SCHOOL HEALTH SERVICE OUTCOMES

Keeping safe: reducing risky behaviours

- Children and young people are safe and protected, resulting in a reduction in hospital admissions caused by unintentional injuries.
- A reduction of the number of children and young people killed or seriously injured on the road.
- More children and young people are smoke free, reducing the prevalence of smoking locally.
- Children and young people are supported to reduce substance misuse.
- Children and young people are supported to reduce teenage conceptions and improve sexual health.

Improving lifestyles

- More children and young people are a healthy weight, through a reduction in the number of children who are overweight and obese at 4-5 years and 10-11 years.
- More children and young people grow up free of tooth decay.
- Increased population immunisation coverage for children and young people, to reduce prevalence of preventable ill health.

Maximising learning and achievement

- More children and young people achieve positive physical and emotional milestones (contributing to improved rates of school readiness).
- More children and young people develop and achieve their potential, through improved rates of school attendance.
- More children and young people, particularly the most disadvantaged children, improve academic results to close the attainment gap between the most and least deprived.

Seamless transition and preparation for adulthood

- More 16-19 year olds are able to achieve their potential through increasing percentage in employment, education and training.

Resilience and emotional wellbeing

- More children have better mental health
- All children and young people are safe and protected, within their families wherever possible.

Supporting complex and additional health and wellbeing needs

- More children and young people who have the greatest need make the greatest improvement, closing the gap in inequality in health outcomes.

2. THIS YEAR'S PRIORITIES – HAVE WE MET OUR OBJECTIVES?

This year (2020/2021), we successfully met the following priorities identified last year:

PRIORITY: Develop healthy lifestyles offer

HAVE WE MET THE CHALLENGE?

- Weight management programmes developed for virtual and face-to-face delivery, including creation of a programme activity booklet.
- Outdoor activities booklet co-produced with Warwickshire Wildlife Trust to encourage play and exploration with family and friends in local green spaces. Sent to schools and families and shared on social media.
- Lesson plans developed for identified relevant health topics including resilience, stress and hand washing. Delivered both virtually and in school.
- 30+ Public Health Campaigns promoted throughout the year using a range of mediums.

PRIORITY: Improve digital offer to increase choice and accessibility

HAVE WE MET THE CHALLENGE?

- Virtual platforms including Zoom and WhatsApp video calling used to deliver interventions to families.
- Increased use of Facebook and Twitter to spread healthy lifestyle messages, including promotion of the Change Makers Healthy Lifestyles Programme.
- Medicines Management training delivered virtually to schools and education settings with feedback collected digitally.
- Monthly health & wellbeing newsletters created to share key health messages with schools, partners and families. Distributed by email, shared on social media and made available to download via the website.
- Further videos created and shared on social media and with partners to raise awareness of the service and support public health campaigns.
- Service web-page developed further with new 'resources' section making information easily accessible to young people, parents/carers and professionals.

PRIORITY: Build community capacity and improve health behaviours

HAVE WE MET THE CHALLENGE?

- Recruitment of an engagement worker remains a priority to enable community participation and mobilisation of community assets in the design and delivery of health improvement initiatives.
- Developed Public Health Campaign Lead programme to establish a contact within each school to promote health messages using resources provided by our service.

PRIORITY: Increase our engagement with vulnerable groups, including home schooled children and young people

HAVE WE MET THE CHALLENGE?

- One year project by SCPHN students carried out which improved engagement and links with those attending alternative provisions and home educated children, young people and their families.
- Development and distribution of three questionnaires to parents, professionals, and young people to establish their knowledge of school nursing and the services available.
- Creation of a video explaining the support available from school nursing distributed through social media and partner agencies.
- Event organised with Education Otherwise, Warwickshire County Council and families to build relationships and encourage engagement.

PRIORITY: Improve service delivery for children, young people and families in partnership with the local and national SEND agenda

HAVE WE MET THE CHALLENGE?

- Provision of more accessible resources, including SEND website page.
- Virtual continence workshops held for parents/carers for children and young people with SEND.
- Tailored lesson plans and materials created for key Public Health Campaigns:
 - BNF Healthy Eating Week (September)
 - National Child Exploitation Awareness Day (March)

PRIORITY: Development of new brand identity

HAVE WE MET THE CHALLENGE?

- Rebranding project undertaken aiming to improve engagement and awareness of the service amongst children, young people and families.
- Worked with children, young people and families through creative sessions, chats and surveys to come up with a new service name, logo and brand identity.
- Worked across the service to rebrand materials ready for September 2021 launch.

ADAPTED WAYS OF WORKING

The global coronavirus (COVID-19) pandemic continued to impact our service delivery throughout the academic year 2020/2021. We recognised that whilst ensuring the safety of our service users was essential, some elements of normal service delivery were necessary to promote and protect the wellbeing of children and young people. To balance these factors, we gradually moved towards a more typical service delivery while retaining some of the innovations devised during the pandemic, increasing choice and accessibility for children, young people and families. This blended approach also allowed us the flexibility to quickly adapt to changing local and national restrictions.

Elements of our service delivery included:

- Face-to-face interventions and health assessments for children and young people offered throughout the year, with the option of virtual contacts if appropriate based on the circumstances or needs of the individual.
- Development of Change Makers healthy lifestyles programme for virtual delivery, moving back to face-to-face as restrictions lifted.
- Use of organic and paid social media messaging to raise awareness of the Change Makers service and spread healthy lifestyles messages to Warwickshire families.
- Public health resources developed for virtual and/or face-to-face delivery in schools.
- Continuation of virtual parent/carer continence workshops.
- HNA delivery tailored to needs of individual schools and current restrictions, supported virtually or set as homework where face-to-face support was not possible.
- NCMP delivered in accordance to guidance from Public Health England.

3. UNIVERSAL KEY STAGE CONTACTS

Health Needs Assessments

Due to the pandemic, schools have had to operate in very different ways to keep pupils, staff, and visitors safe. This affected the delivery of the HNA across all key stage contacts.

Ordinarily, our service has a visible presence at school open days and new parent/carers events. We would also attend community events for families during the summer holidays in parks, leisure centres and libraries. These enable us to engage with parents/carers and encourage them to complete the School Entry HNA. However, many events were not held this year and therefore we lost this opportunity. Although this did impact on uptake, nearly a quarter of parents/carers of children starting school completed the questionnaire.

Many schools were operating in 'bubbles' across year groups, which made the delivery of HNA across year 6 and 9 difficult. Some larger schools also had 'zones' to further prevent the mixing of pupils, resulting in some cohorts of children and young people being unable to access computer suites and therefore not able to complete the questionnaire. Where restrictions prevented the HNA being delivered in the usual manner, pupils were encouraged to complete the questionnaire as homework.

For two consecutive years, HNA has been affected by COVID-19 restrictions. It is hoped that a full programme of delivery will be achieved in 2021/22.

HNA completion by year group

School entry (aged 4-5)



Warwickshire school entry
population:

6,238

No. HNA completed:

1,750

Percent of population:

28%

Year 6



Warwickshire year 6
population:

6,104

No. HNA completed:

3,022

Percent of population:

50%

Year 9



Warwickshire year 9
population:

6,209

No. HNA completed:

421

Percent of population:









7%

Individual-level data

The HNA portal generates flags which indicate where a pupil's answer to a question requires additional attention and possible intervention; these are either red or amber based on the level of need and the urgency of the response required. For the School Entry HNA, **99%** of questionnaires generated flags to be reviewed by a nurse, followed by **87%** for the Year 6 HNA and **82%** for the Year 9 HNA.








The system also generates automated public health messages on the screen during the completion of the questionnaire. These are included in the pupil profiles provided to parents/carers for school entry and year 6 pupils and provided directly to year 9 pupils.

School entry flags








Topic	Red flags	Amber flags	Public health messages displayed
 Lifestyles*	92	1,381	1,933
 Family health & wellbeing	469	-	6,961
 General health	1,655	3,227	7,313
 Emotional health	31	123	-
 Safety	-	52	3,471
 Social media	-	169	211
 Friendships & relationships	-	76	76
 Child development	18	737	44
Total	2,265	5,765	20,009

**Lifestyles topic includes questions on healthy eating, physical activity, sleep and substance misuse, along with questions which may indicate the pupil is supporting members of their family.*

Year 6 flags

	Topic	Red flags	Amber flags	Public health messages displayed
	Lifestyles	425	3,555	13,087
	Bullying	1,224	-	-
	General health	34	1,568	8,088
	Emotional health	603	993	2,316
	Safety	-	-	4,509
	Social media	-	-	3,548
	Friendships & relationships	-	536	-
	Total	2,286	6,652	31,548

Year 9 flags

	Topic	Red flags	Amber flags	Public health messages displayed
	Lifestyles	15	492	1,194
	Bullying	136	126	-
	General health	2	57	542
	Emotional health	70	270	1,192
	Safety	26	96	122
	Social media	-	-	358
	Friendships & relationships	-	328	245
	Total	249	1,369	3,653

HNA data comparisons

As the dataset collected from this year's HNA was incomplete due to the pandemic and does not cover a representative sample of schools across Warwickshire, it cannot be used to draw comparisons with the previous year's data. However, we aim to collect a full set of data in the next academic year, which can be compared with future years' data.

Population-level data

Top flag categories for
primary school (school
entry and year 6)



1.



Lifestyles

2.



Emotional
health

3.



Social media

Top flag categories for
secondary school (year 9)



1.



Emotional
health

2.



Lifestyles

3.



Friendships &
relationships

Key points

65% of school entry pupils have 4 or less pieces of fruit and veg each day, increasing to 80% for year 6 and 84% for year 9.



1% of school entry pupils are not active for an hour or more a day. 10% of year 6 pupils never do physical activity after school or at weekends. 9% of year 9 pupils never take part in sport where they are very active.



13% of year 6 pupils answered yes to 'Do you ever want to hurt yourself on purpose?'.
8% of year 9 pupils answered yes to 'Do you currently hurt yourself on purpose?'.



4% of school entry pupils never sleep in their own bed at bedtime. 10% of year 6 pupils always have problems falling asleep at bedtime. 29% of year 9 pupils said they do not get 7-8 hours of sleep a night.



1% of year 6 pupils said they had no one they felt they could trust and speak to, compared to 5% of year 9 pupils.



8% of year 9 pupils have joined a group for protection, 2% to have a territory of their own and 2% to get money or favours.



15% of year 6 pupils and 31% of year 9 pupils use social media for more than 4 hours on a normal day.



Responding to public health priorities during COVID-19

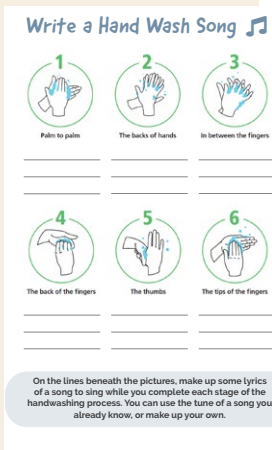
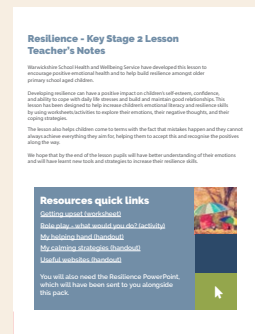
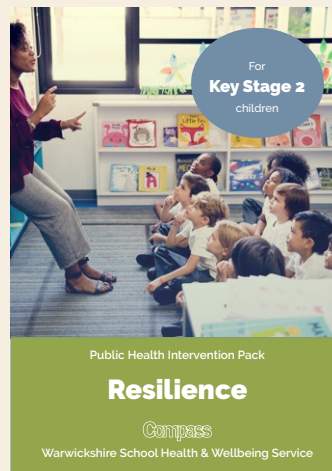
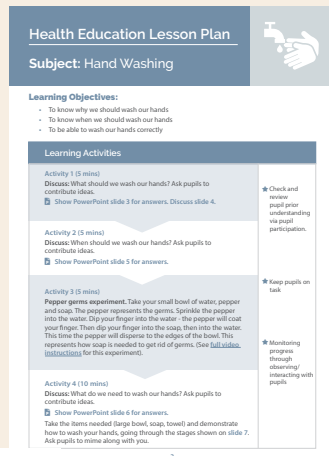
As our collection of 2020/2021 HNA data was limited, we considered several factors when developing our response to public health priorities, such as:

- Emerging trends from previous year's HNAs.
- Topics identified as relevant nationally and locally due to the effects of lockdown.
- Feedback from our nurses about where children, young people and families commonly required support.

Using this information in combination with this year's data, we developed resources and lesson materials suitable for both face-to-face and virtual use, including:

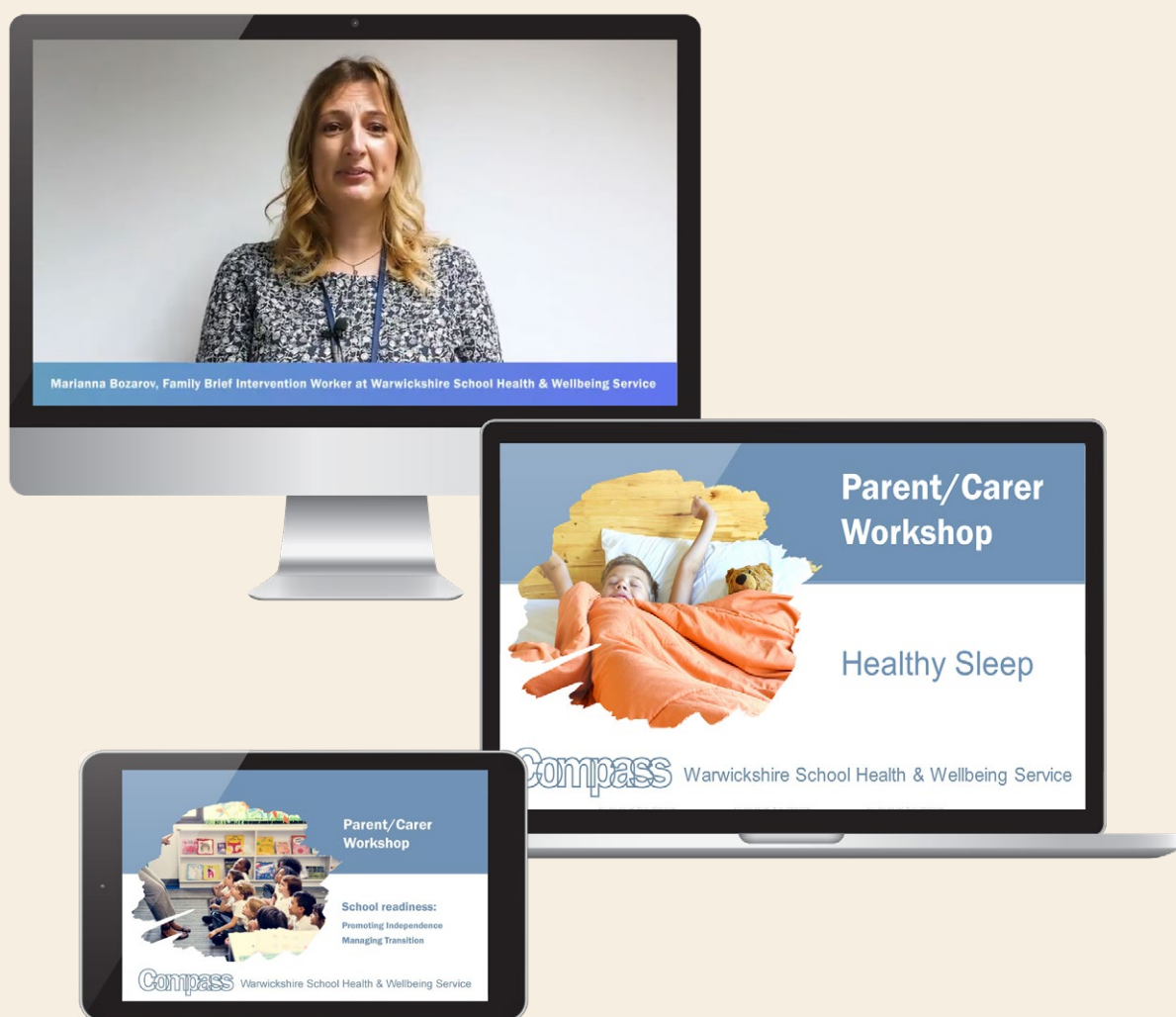
Public Health Intervention Packs

Our team developed Key Stage 2 Public Health Intervention Packs on Bullying & Positive Friendships, Stress & Anxiety and Resilience and a Key Stage 1-2 pack on Handwashing. These included a comprehensive lesson plan with teachers' notes, a PowerPoint presentation, worksheets and activity materials and useful websites for additional information and support. They were designed to be delivered by our Healthcare Support Workers either in person or virtually or sent to teachers to deliver, based on the needs of each school.



School entry workshop videos

Through HNA data, referral data, and our Ready for School? pilot project, three health topics were identified where parents/carers most commonly required support at school entry age: behaviour, sleep and school readiness. Our Family Brief Intervention Workers developed video workshops providing advice and resources in these areas. These videos were initially distributed to parents/carers who had indicated they required support while completing the pilot School Entry HNA in 2019/2020. After a period of time, they were made more widely available and members of staff were able to signpost parents/carers to them as appropriate. In total, the videos have been viewed **293** times.



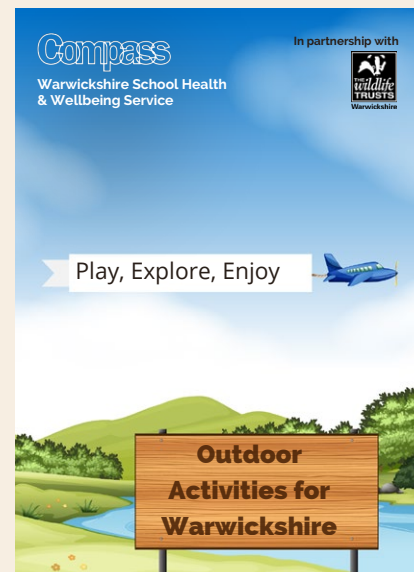
The behaviour workshop was excellent and very useful! ”

Parent feedback

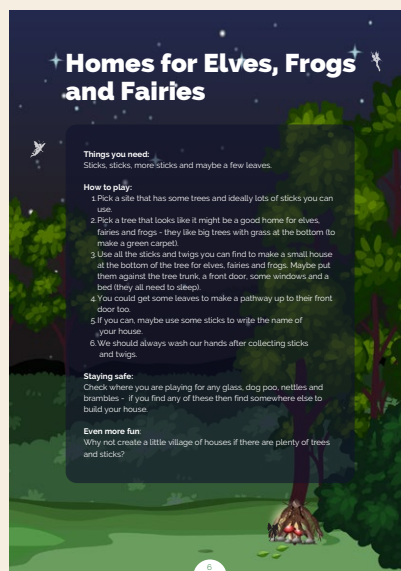
Warwickshire Outdoors Activities

The Warwickshire Outdoors Activities booklet was co-produced with Warwickshire Wildlife Trust to encourage exploration and play with family and friends in local green spaces. It features a wide range of activities that can be completed in parks, nature reserves, gardens or at home using elements of nature. We hoped this project would help families who had spent more time than usual indoors due to restrictions experience the benefits of being active outdoors and interacting with nature. All activities were low cost or free and suited to a range of abilities to ensure inclusivity.

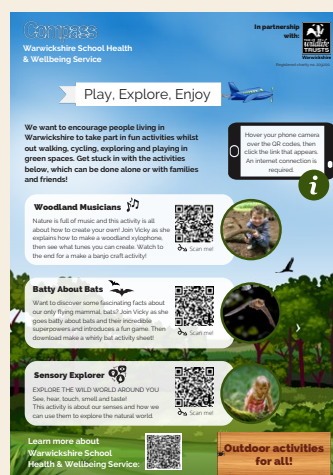
The booklet was distributed via email to school and stakeholders with the request to share with families. We also shared the booklet via our social media pages. The link to download the booklet was accessed over **1,300** times.



[Download booklet](#)



We also created outdoors activities posters which were displayed at various Warwickshire Wildlife Trust nature reserves. These contained QR codes linking to different activities that could be completed during the visit, as well as a QR code to our service web-page. We worked with Warwickshire Wildlife Trust to collect data from engagement with these posters, which will inform our work in this area next year.



Summer Holiday Booklet

The Summer Holiday Booklet was created to help families stay healthy, safe and entertained over the summer holidays. It contained health & wellbeing advice, safety information, fun activities and resources. We covered topics relevant to the summer holidays, such as safety advice for when out and about or browsing the internet, as well as the key health topics identified for the academic year such as emotional health and being physically active.

The summer holiday booklet was sent via email to schools and stakeholders and shared on our social media. Feedback from stakeholders was positive, with organisations letting us know it would be useful to share with families. The link to download the booklet was clicked over **1,000** times.



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?

Things to do in Warwickshire	page 2
Stay active	page 3
Nature	page 4
Nutrition & hydration	page 5
Emotional health & wellbeing	page 6
Mental health	page 7
Staying safe online	page 8
Road safety	page 9
Water safety	page 9
Sun safety	page 10
Smoking, alcohol and drugs	page 11

Here to support you

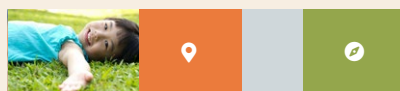
Warwickshire School Health & Wellbeing Service is here to support you and your child: contact us for free, confidential advice from a school nurse. Parents/Carers can call 03300 245 245 or text Parentsline on 07520 119 119. Children/young people aged 11-19 can text ChatHealth on 07507 331 323.

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/wshubs

5

Download booklet



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 Walks

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 [Baginbun](#) 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

Bugby

Stratford-on-Avon

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Case study – support following the School Entry HNA

A parent who completed the School Entry HNA had highlighted some behavioural concerns with their child. They stated that they required support to manage this and that they also felt lonely.

A telephone call was made to the parent, who shared that they had lost their spouse last year. They had previously sought support with their child's behaviour from their GP and Health Visitor and had been given some websites to look at. However, the parent stated they continued to feel 'lost and useless' in regards to managing their child's behaviour, as they had not had to do this on their own before.

Following on from this initial conversation, the parent was contact by a Family Brief Intervention Worker to provide support around parenting and managing their child's behaviour.


The parent said they found the support provided invaluable and that it had been lovely to talk their concerns over with a professional instead of being signposted to a website. They felt better informed on how to manage their child's behaviour and had implemented the strategies provided with positive results.

I was glad I completed the questionnaire due to the support I received as a result. ”

Parent feedback

We promoted a wide range of Public Health Campaigns throughout the academic year, creating resources for a variety of audiences including children, young people, parents/carers and school staff. Campaign resources aimed to be engaging and informative with the intention of encouraging positive behaviour changes.

World Suicide Prevention Day was an important opportunity to ask schools to talk to their pupils about identifying a support network and strategies for if they ever feel at risk of harming themselves or taking their own lives. We sent packs that included the 'Hand drawing support network' exercise and a 'Stay safe plan template', as well as the details of organisations that can provide support.




Schools Public Health Pack

World Suicide Prevention Day

10th September 2020

World Suicide Prevention Day takes place every year on the 10th September. The objective is to bring organisations and communities around the world together to raise awareness of how you can create a world where fewer people die by suicide.

To support Suicide Prevention Day, Northcliffe School Health and Wellbeing Service have put together this pack for schools with activities, information and resources that can be shared with children and young people.



Services that can provide support around mental health and suicide

CW RISE

Northcliffe School Health has children and adolescents in County and Herefordshire

Contact us
 Email: info@cw-rose.org.uk
 02476 641 799 (Mon-Fri)
 or 01905 300 111 (weekends)

PAPVRUS

Peer support and practical advice around young suicide

Contact us
 Email: info@papvrus.org.uk
 Tel: 0800 556 814
 Text: 0786023965
 Web: www.papvrus.org.uk



Did you know...

Suicide is the leading killer of young people male and female, aged under 15 in the UK.

In 2018, over 6,500 people died of suicide in the UK, around 18 per day.

Support network and Stay Safe activities

It's important children and young people are aware of their support network and strategies for staying safe when they have periods of low mood or are struggling with their mental health. These activities can help them to identify coping strategies and resources and individuals they can talk to when they need them. You can also provide this support by offering a contact of service from our team (see page 2) to add to this.

[Click on the Stay Safe and Support network activities](#)

[Click on the Stay Safe and Stay Safe activities](#)

Childline

Childline is a national helpline where you can speak to a trained and experienced adult, for free.

Contact us
www.childline.org.uk
 0800 111 111
www.childline.org.uk

Samartians

A place to go, if you don't have a place to go

Contact us
www.samartians.org.uk
 01452 422222
www.samartians.org.uk

Talking to a school nurse

Children and young people can contact our service and talk to a school nurse if they are having difficulties with emotional and mental health. The nurse will offer a professional assessment. They can provide advice and an action plan. You can call our Helpline on 0147 331 525. Please do not put the child at risk of self-harm or completing a suicide pact with a school nurse by asking a member of staff or school, who can contact our service on our helpline.

Download

Other useful links for CYP around suicidal feelings

[Suicidal thoughts and feelings](#)

[Suicidal thoughts and feelings](#)

[Suicidal thoughts and feelings](#)

Compass

Public Health Campaign: National Eye Health Week

National Eye Health Week 2020 is taking place from 21st to 27th September, and is a great opportunity to remind children, young people and families of the importance of looking after their eyes. Taking part in the campaign is essential for preventing both short-term problems, such as eye infections and long-term avoidable sight loss.

Top Tips for Good Eye Health

- Get an eye test every 2 years (or more frequently if advised by your optician). Remember, eye tests are free on the NHS for all children under 16 years!
- Wash your hands properly after an important ride in a car or on a bus. Eat a rainbow of fruit and vegetables and other foods rich in vitamins and minerals, such as salmon, eggs and whole grains, will give your eyes the support they need.
- Be sun smart! Always wear your sunglasses and a hat. The sun's rays can damage your eyes. The UV protection in your sunglasses should be 100%. Look out for the CE, UV400 and ISO 18660 certification marks that show the pair you've chosen offer UV protection.
- Save your eyes and health, and don't smoke or drink alcohol. Regular exercise helps maintain good eye health, while studies suggest spending two hours or more a day in general outdoor play activity improves vision.
- Did you know studies show you blink up to half as frequently as usual while looking at a screen? Take a break every 20 minutes, gaze across the room, and blink frequently for 20 seconds to help avoid dry eyes and computer eye strain. It's also worth trying to increase more screen-free time in your day in general to give your eyes active and improve vision.
- If you ever wake up, check the expiry dates and be sure to wash and replace your eye glasses every year and brushes can pick up dirt and bacteria that can cause inflammation eye infections.
- Did you need another reason to stop vaping/smoking - smoking has been directly linked to eye disease.

Download these facts as a handout for pupils and families here: <https://www.compass.org.uk/national-eye-health-week>

[illegible]

Our Eye Health Week pack included top tips, activities and leaflets about taking care of your eyes to be completed in school and/or sent home to parents/carers.



Compass

Eye Health Week Crossword Puzzle

Complete the crossword using the clues I gave you and the "Top Tips for Good Eye Health" handout.



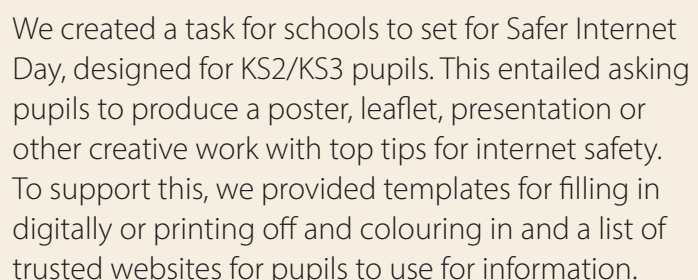
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For World Mental Health Day, we primarily focused on encouraging schools to engage with the YoungMinds #HelloYellow campaign. Our staff showed solidarity and support for young people struggling with their mental health by wearing yellow, which was shared via social media.

Our Stress Awareness Day pack aimed to help school staff spot signs of stress in their pupils and offered tips that could be shared with them. It also included 'stress busting' games for children and young people, and mobile apps, websites and services that can help manage stress.

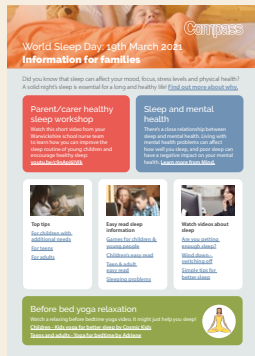


Time to Talk Day focused on the importance of communication and connection for positive mental health. Our resource for schools included games and activities to get pupils and families talking, as well as details of organisations who can support with young people's mental health in Warwickshire. We also hosted virtual 'Time to Talk' sessions internally where members of staff could drop in for a friendly chat and a listening ear. A primary school shared feedback from our school resources, saying they 'strongly agreed' resources were clear, understandable, age appropriate and useful, and that 270 children and 50 nursery parents/carers had accessed the resource.

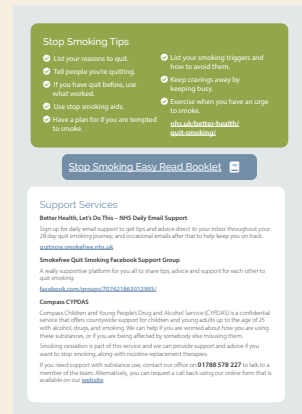


No Smoking Day (10th March)

We worked with our partner service Compass Children & Young People's Drug & Alcohol Services to create a resource for young people and parents/carers raising awareness of the health risks of smoking. This contained key facts about smoking, and apps, websites and services to support cessation.



[Download](#)



World Sleep Day (19th March)

Our World Sleep Day resource aimed to help parents/ carers support children and young people to get a good night's sleep. It included links to our parent/ carer video workshops, top tips, relaxation videos and sleep support service information.



World Oral Health Day (20th March)

We created multiple resources for World Oral Health Day, collating activities and information targeted at different audiences including children, young people, parents/carers and school staff.



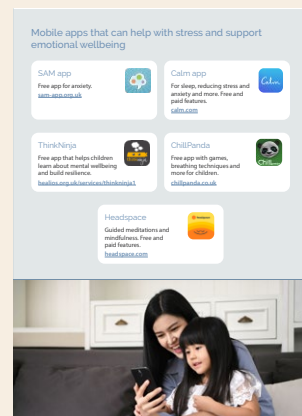
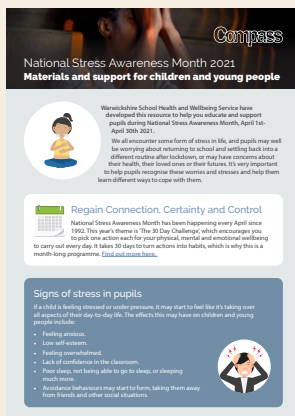
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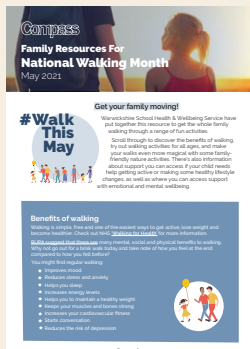
Stress Awareness Month (April)

Stress Awareness Month came shortly after the lifting of restrictions and the return of pupils to schools. We hoped our pack, which contained stress awareness advice, resources and activities, would support pupils who were feeling stressed because of these changes. [Download here.](#)

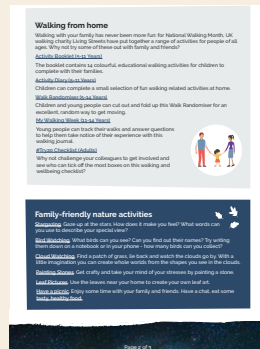


World Health Day (7th April)

Our World Health Day pack encouraged school students to take part in an activity involving thinking of healthy changes that could be made at school and presenting these ideas to peers and school staff.

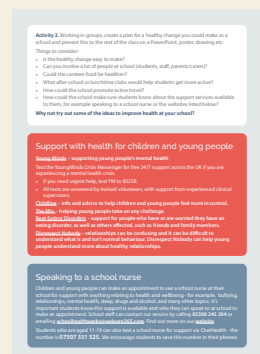
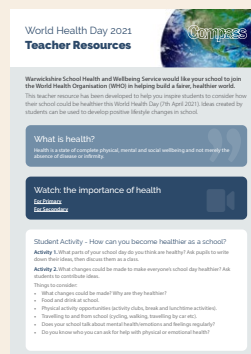


[Download](#)



National Walking Month (May)

For National Walking Month, we distributed resources designed to encourage families to walk more regularly. This included a range of activities to make walking more fun and ways to enjoy nature while out and about.



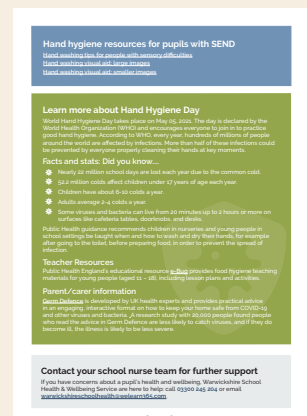
[Download](#)

Hand Hygiene Day (5th May)

Our Hand Hygiene Day pack for school staff contained templates and resources to support sessions for pupils to encourage good hand washing habits. These were suited to a range of abilities, with additional materials also included for pupils with sensory difficulties or who required visual aids for the process.



[Download](#)



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[Download](#)

Sun Safety Awareness Week (6th-12th May)

We created Sun Safety Awareness Week packs with educational resources and classroom activities for teachers and parents/carers to help children and young people understand the dangers of UV and the importance of protective measures when spending time outdoors.

To support parents/carers whose children struggle with night-time incontinence, we shared information about the causes of bedwetting, bedwetting myths and FAQs, and the top advice from our team for dealing with bedwetting. We also included contact details for parents/carers who required further support.

[illegible]

National Smile Month
(17th May-17th June)

Our National Smile Month materials included a pack for primary school teachers with activities to teach children about brushing their teeth and a parent/carer resource with teeth brushing guides, information on reducing sugar intake, advice about visiting the dentist and other useful materials.

[illegible]

We supported the Juvenile Idiopathic Arthritis (JIA) Campaign by creating a resource containing JIA information, real stories, and school activity ideas to raise awareness of the condition and support available. [Download here.](#)

JA stories
Discover the stories behind people's experiences of their JA experiences and how these compare.
Watch and listen to people's reflections of their JA experiences.

What can schools do to support pupils with JA?

#WearPurpleForJA - Friday 18th May

As we approach Purple Day for JA day is now an opportunity to fundraise, but also to raise awareness of JA among friends, family and the community. Purple Day is usually held on the 18th of May to raise awareness of epilepsy, but for JA it has taken part, representing purple-themed games, books, videos, and more. It's a fantastic opportunity for schools to come out with a few bags of money raising and extend understanding of JA.

There are a number of ways in which schools can support the work that we support the school by allowing pupils to staff wear purple clothing on Friday 18th May.

Order your school's #WearPurpleForJA pack here

Over your school's #WearPurpleForJA pack:

- Advertising the event to and around school using the blank posters provided inside the pack.
- A link to the Purple Day website for your year school in getting to see #WearPurpleForJA and involved in the blank posters.
- A link to the JA pack of the #WearPurpleForJA the JA poster need to be printed out.

Find resources and fundraising information for the school newsletter.

Use resources to develop a JA awareness event on the day.

Find and extend around events, fundraise activities.

#WearPurpleForJA School Activities

As well as wearing purple, students can get involved by:

- **Getting active in the JA 100m race**
- **Calling in the JA 100m Collection Page**
- **Setting active JA in the 100m race**
- **Read 100m JA through the 100m race**

As well as these activities and information in your pack, pupils with JA and their families can also take part in the Wellbeing Week, which includes art, yoga, dance and photography classes.

Could your child become a JIA Purple Champion?

Parents can be learning a lot from their children. Many parents have heard of the importance of having a good role model for children and young people who are in the same situation as their child. But have you ever thought about your child becoming a role model for other children?

Schools can have certification for #PurpleChampion, for having emotional and mental health certificates can be proudly displayed in school.

Attending JIA in School

Mentoring school is a huge part of a child's life. It promotes growth and stability, as well as helping children develop social and emotional and behavioural skills.

Attending JIA in school is a guide for parents who work in an educational setting with children 10 years old and above and for parents/caregivers who are educated related questions.

Healthcare plans

Healthcare plans are a key part of a child's life. They are a key part of a child's life. They are a key part of a child's life. They are a key part of a child's life.

Flexible Learning Team – how they can support students with JIA

The Flexible Learning Team is a blended learning approach, mixing on-line lessons and face-to-face contact. It employs teachers and learning resources in a mix of academic and pastoral roles. The Flexible Learning Team is a blended learning approach, mixing on-line lessons and face-to-face contact. It employs teachers and learning resources in a mix of academic and pastoral roles.

JIA support information

Website: jia.az.gov | information@supportinformation.org

Telephone: 480.639.3144

Email: info@supportjia.org

Twitter: twitter.com/JIA_AZUSA

Facebook: facebook.com/supportjia

YouTube: youtube.com/channel/UC1v3vYtAaK4_h3m0e0v0t0w0m0_u0

Instagram: instagram.com/jia_az_usa

Donors who help fund JIA are: JIA is 501(c)(3), receives no statutory funding from the government of the state, so any donations are greatly appreciated.

School Health Newsletters

We continued to send out monthly school health newsletters to be distributed to families. These included a wide variety of content, including useful health advice and top tips on key topics, details of support services for young people's mental health, wellbeing activities, Public Health Campaign promotion and more.



Compass
Warwickshire School Health & Wellbeing Service
April 2021 Newsletter

April 2021: National Stress Awareness Month
Regain Connection, Certainty and Control

National Stress Awareness Month has been happening every April since 1992. This year's theme is **The 30 Day Challenge**, which encourages you to pick one action for your physical, mental and emotional wellbeing to carry out every day. It takes 30 days to turn actions into habits, which is why this is a month-long programme. There are free resources to support this challenge, including a calendar you can use to plan your actions and lots of different suggestions of what your daily actions could be.

[Get your 30 Day Challenge calendar here.](#)
[Suggestions for your actions here.](#)

Try something new
Refocus on life's stresses
Read, write or listen to a podcast


Take yourself away from the stresses of life by reading, writing, or listening to a podcast. Research suggests that reading for 30 minutes a week increases health and wellbeing. Reading for pleasure has been found to improve our confidence and self-esteem, providing the grounding we need to pursue our goals and make life decisions. It can also aid our sleep and reduce feelings of loneliness.

Time to talk - connect with others
A good support network of colleagues, friends and family can ease your troubles and help you see things in a different way. Reach out to old friends, family and neighbours, and find out about online community apps.

Exercise
[Find out how being active helps mental wellbeing.](#)
[Walking for Health](#) - simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Talking to children about mental health - tips for parents/carers

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Compass
Warwickshire School Health & Wellbeing Service
May 2021 Newsletter


Mental Health Awareness: Nature
Mental Health Awareness Week takes place 10th-16th May 2021. The theme this year is nature, exploring the link between nature and mental health and the positive effect being outdoors can have on our health and wellbeing.

Thriving with Nature
'Thriving With Nature' is a Guide for everyone on making the most of the UK's natural spaces for our mental health and wellbeing, conceived by the Mental Health Foundation and WWF in collaboration with other specialists and authors. It talks about our mental health, the link with nature and how it can help us, and how we can all find a way to experience nature, regardless of our circumstances or where we live.

Rediscover nature: try these activities with family and friends
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 research their names? How many birds can you collect?
Spring nature treasure hunt. When you're out for a walk or in the park, see how many of these things you can find on the ground.
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 leaves near your home to create your own leaf art.
Canal and River Bingo. Visit your local canal or river and see how many things you can spot.
Have a picnic. Enjoy some time with your family and friends. Have a chat and eat some tasty, healthy food.

Wildlife Trust - Nature and health & wellbeing
Watch and listen to Dr Amir Khan talk about how nature can improve our wellbeing
[Nature for Wellbeing](#) - find out about volunteering, nature reserves and nature projects.

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Warwickshire School Health & Wellbeing Service
October 2020 Newsletter

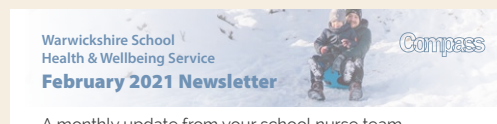
A monthly update from your school nurse team

WSHWBS will now be providing a monthly update for children, young people and families. We'll share the health and wellbeing advice and resources we think you will benefit from the most, as well as any service updates and details of how you can get support when you need it.

Monthly Wellbeing
Evidence suggests there are 5 key steps to improving wellbeing: connecting with other people, staying active, learning new things, giving to others, and taking notice - being present in a moment and paying attention to your senses. We've put together some activities for all ages you can try throughout the month that can help you achieve these steps:

- The weather may be getting cooler, but that doesn't mean you can't still spend time outdoors. Put on your woollies and wellies and go for a brisk walk, taking in the sights and smells of autumn. Children could write a poem or paint a picture of their favourite scenes when they get home.
- Try some seasonal recipes. Young people could try taking the lead on making a family dinner, while children and parents/carers can enjoy some time in the kitchen together. Here are some healthy autumn cooking recipes - [cutt.ly/BBCcf-healthy-autumn-recipes](#) - and some delicious autumn baking recipes - [cutt.ly/BBCcf-autumn-baking](#).
- Connect with nature with some autumn crafts from CBeebies - [cutt.ly/cbeebies-autumn-crafts](#) - and RSPB - [cutt.ly/rspb-activities](#).
- It's Black History Month - a great opportunity to expand our knowledge and recognise the role and achievements of Black people in the UK over generations. Start learning here: [bbc.co.uk/newsround/49883230](#)
- Have some Halloween fun! Trick or treating isn't safe this year because of coronavirus, but that doesn't mean you can't still get involved in some spooky festivities.
 - There are lots of crafts and games for children to get stuck into here: [bbc.co.uk/cbeebies/curation/halloween](#).
 - Or you could get dressed up with some spooky snacks and watch a family-friendly Halloween film: [cutt.ly/ghk-family-halloween-films](#).
 - Young people could try hosting a virtual Halloween party using a group video calling programme - you could include a fancy dress competition, make a Halloween quiz, or do some virtual group Halloween baking.

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Warwickshire School Health & Wellbeing Service
February 2021 Newsletter

A monthly update from your school nurse team
Here's the latest health & wellbeing update from WSHWBS for Warwickshire families. Remember, we're here to provide support and advice in these strange times: get in touch using the details on [page 3](#).

The value of vaccines
England is a world leader in vaccinations, with one of the most comprehensive programmes in the world. Evidence from Public Health England (PHE) surveys suggests that parental confidence in the national immunisation programme is at an all-time high, and that parents/carers are far more likely to trust the NHS and their healthcare professional than what they see on social media.

Key points about vaccines

- Vaccines save lives. After clean water, vaccination is the most effective public health intervention in the world.
- Vaccines stop the spread of disease. Even with better hygiene, sanitation and access to safe water, infections still exist. When people are not vaccinated, infectious diseases that usually we no longer see can quickly spread.
- Vaccines prevent between 2-3 million deaths globally per year. But, if global vaccination coverage improved, this could increase by 1.5 million.
- Vaccines help fight antimicrobial resistance. Vaccination stops humans from getting infected, reducing the use of antibiotics and the development of resistance.
- Vaccines are the only way to eradicate disease. We have eradicated smallpox and are near to eradicating polio, both through using vaccines.
- Vaccines protect you and those around you. If enough people get vaccinated against a disease it makes it harder for the disease to spread. This protects people who can't get vaccinated, such as newborn babies.

Watch: a GP reassures a parent about vaccinating her child

COVID-19 vaccinations: useful links
[NHS COVID-19 vaccine information page](#)
[GOV.UK detailed information on vaccine priority groups](#)
[BBC article on vaccination safety](#)
[GOV.UK COVID-19 vaccine easy-read guide](#)
[Age UK COVID-19 vaccine FAQ](#)

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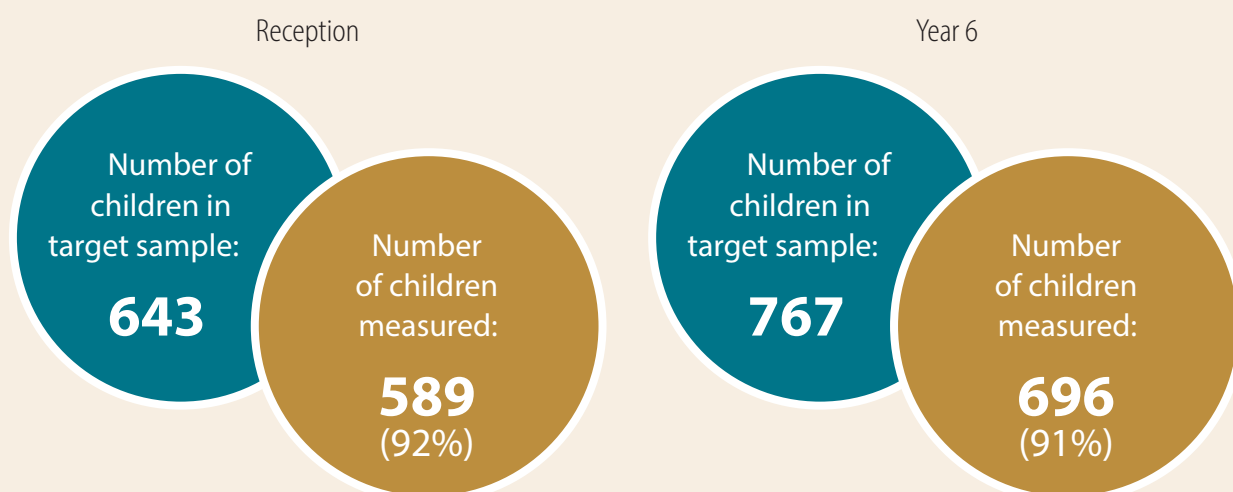
[View all service newsletters](#)

National Child Measurement Programme (NCMP)

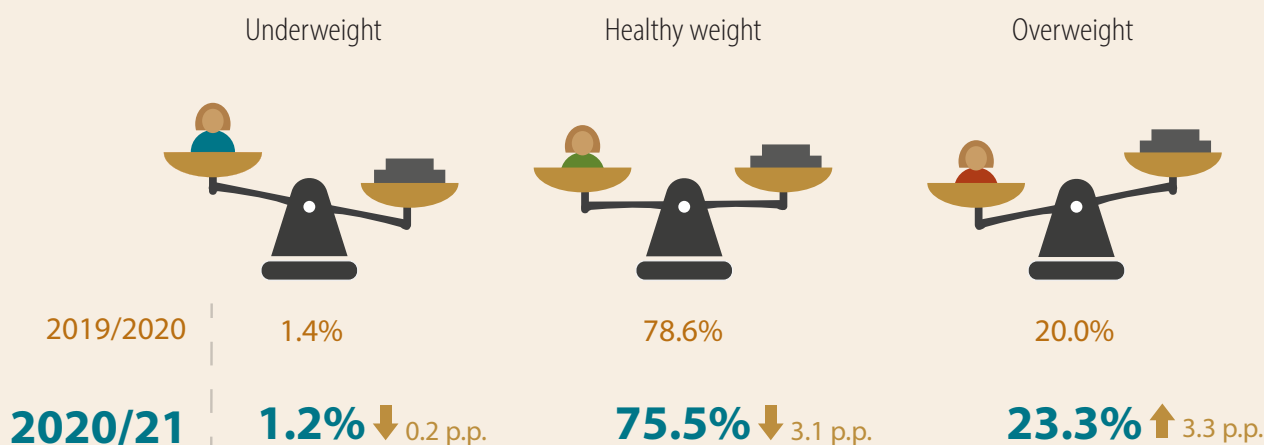
We were initially informed that due to the pandemic, the NCMP would not be delivered in the academic year 2020/2021. However, in May Public Health England (PHE) asked us to complete a 10% representative sample for Warwickshire. We notified the identified schools and they all agreed to participate. The programme was undertaken during a time of social distancing rules and therefore full PPE was worn and environments and equipment were cleaned according to Government guidelines and Compass infection control procedures.

Uptake of NCMP across school entry and year 6 in this representative sample was lower than seen in previous, unaffected years. Though practitioners were maintaining infection control measures when taking the heights and weights recordings, parents/carers may have declined consent due to concerns about someone having close contact with their child. There were also COVID-19 related absences.

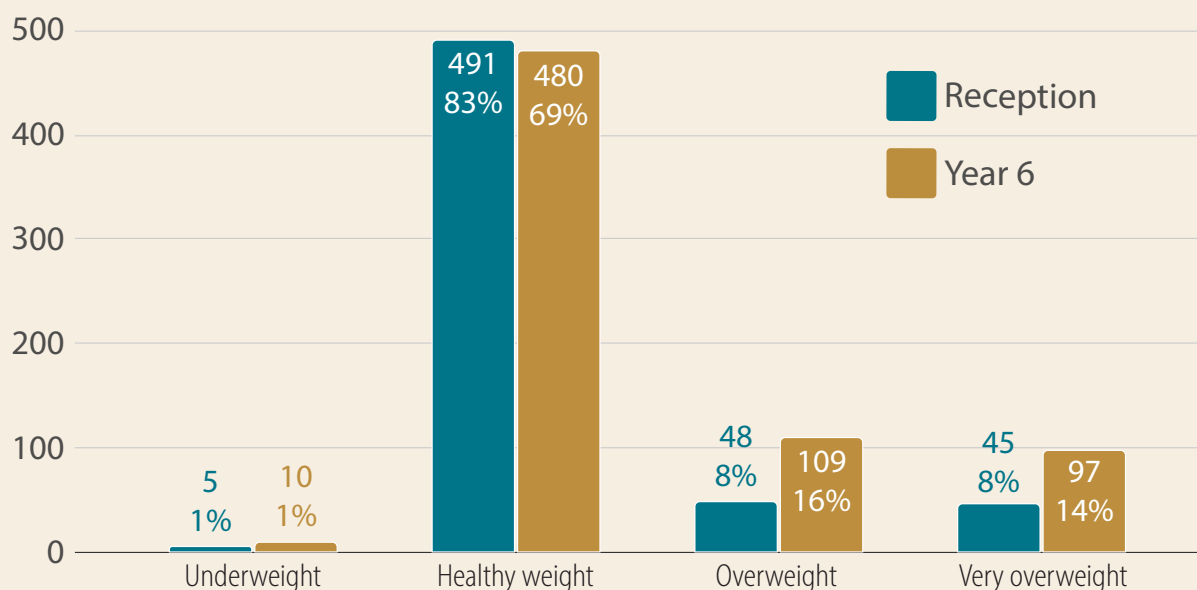
NCMP completion rate



Year-on-year comparison of all children weighed



2020/2021 — Breakdown by age group



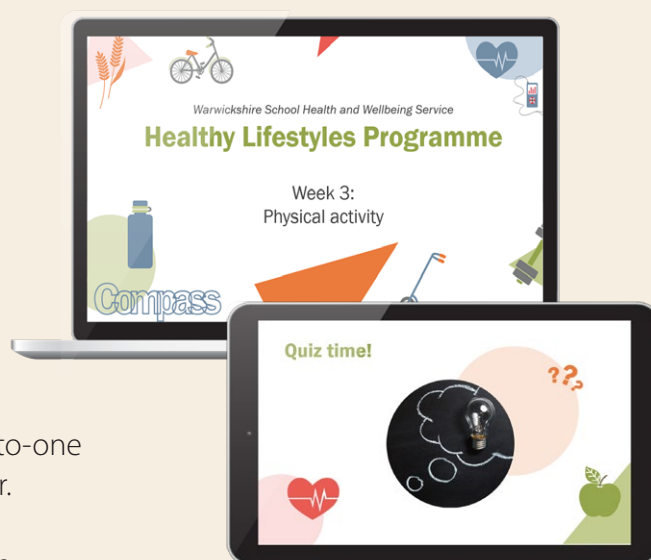
Year-on-year comparison

In keeping with national trends, we saw a decline in the percentage of year 6 children who were a healthy weight, with **69%** falling into this category compared to **72%** the previous year. A similar picture is seen in reception, with **83%** of children recorded in the healthy weight category compared to **86%** the previous year.

Developing our healthy lifestyles response

Due to the restrictions, it was not possible for the Change Maker healthy lifestyles team to offer face-to-face interventions to support identified children from the NCMP programme. However, the 7-week healthy lifestyles programme was delivered virtually on a one-to-one basis with each family who accepted the offer.

An NCMP pilot programme in the north of the county began in July 2021 and will run for the next 12 months. It includes the completion of research to understand the low uptake of families into the Change Makers programme following the NCMP. The pilot is a joint project between WCC and WSHWBS, funded by NHS England, that aims with the collaboration of families to improve the offer to ensure it meets the needs of the families and supports them to live a healthier lifestyle.



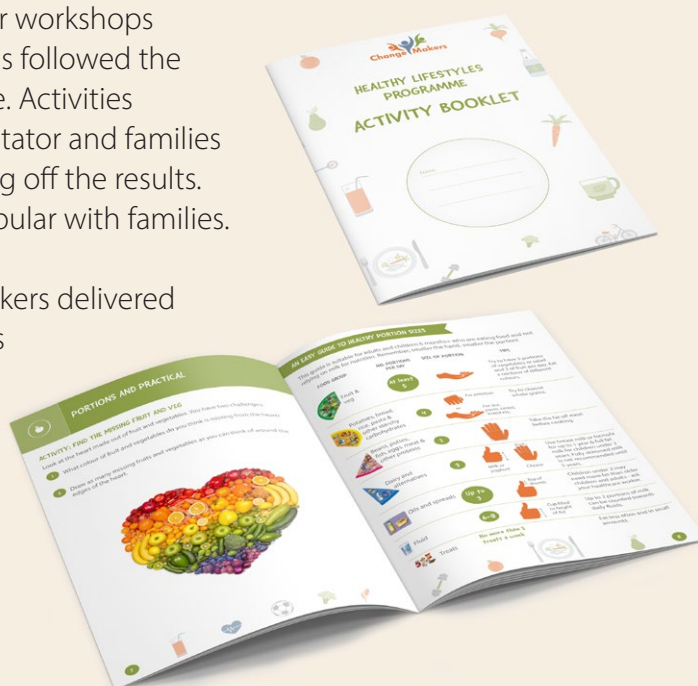
2020/2021 Change Makers report

The Change Makers 7-week programme was once again adapted to account for the COVID-19 restrictions in place. We were unable to deliver sessions in community settings, however, the Change Makers team offered an alternative to schools in the form of a one hour workshop about leading a healthy lifestyle. To begin with, these were delivered by the team virtually in classrooms, moving to face-to-face delivery as restrictions were lifted.

Following the workshop, schools were offered the opportunity to get their pupils involved with becoming a Change Makers Champion. This initiative encouraged every child to make five positive behaviour changes for thirty days.

Change Makers delivered virtual parent/carer workshops and one-to-ones with families. These sessions followed the structure of the healthy lifestyles programme. Activities included live cooking sessions, with the facilitator and families cooking simultaneously and proudly showing off the results. These cooking sessions were particularly popular with families.

At the end of the academic year, Change Makers delivered the first face-to-face 7-week healthy lifestyles programmes. These were used as a trial before full delivery resumes in September. The programmes were well-received, with positive feedback from families about some of the new elements of the programme, such as the booklet developed to be completed throughout the course.



“The young person really enjoyed the work done with the Change Makers team, especially the boxing elements. They told me they really enjoyed the cooking sessions, and that they would like to cook more and carry on with the work shown to them. They said they had been supported 'a lot' to understand what is in foods and what is healthy. I've noticed they present as more confident and they have told me they felt better - there's a huge improvement from my initial meeting in their demeanour.

Feedback from a practitioner working with a young person receiving support from Change Makers

Change Makers Case Study - virtual 7-week programme

A child was referred to Change Makers due to their parents' concerns about their weight gain. A member of the team worked with the young person and their family to increase their understanding of healthy lifestyles choices and help motivate them to make healthier choices.

The programme ran virtually via Zoom. During the first session, the child was very shy and did not want to engage. However, by the second session, the child was engaging well, enjoying the activities and the practical nature of the sessions. It was evident the child would benefit from more practical elements, so the team ran extra sessions alongside the 7 designed sessions. Three of the extra sessions involved live cooking, where the team ran 'fakeaway' recipe ideas including cornflake chicken and oven nachos. Healthy snacks and puddings were also covered, including baking a healthier chocolate cake. The fourth session was written at the parents' request to focus on encouraging the child to take responsibility for their actions, looking at how their choices now would affect their long-term health and wellbeing. The Change Makers team member was able to share their own life experiences, which resonated with the child.

Since completing the programme, the child's confidence has increased dramatically. They now prefer to cook from fresh and try new recipes instead of choosing convenience foods such as takeaways. In addition, the Change Makers team member provided details of two local boxing clubs after the child expressed an interest in the sport, and will follow up with the family to support this new hobby.

Feedback from Change Makers interventions

“ I am really enjoying the sessions and felt very supported. This is the most I have ever felt supported and it has been such a good experience. Each week we have made a positive change and my son has felt so much better too, he is not raiding the cupboards anymore. The whole process has been so positive, even on my own mental health as I struggle with this.

Parent/carer feedback

My son and I did this course over Zoom and it was amazing, a real eye opener. Justin gave us some really great tips and some amazing ideas to move forward, we even had a cookery class with him, which was fantastic, even my girls joined in. Thanks, you were fab! ”

Parent/carer feedback

The workshop was really enjoyable and beneficial. The children found it interesting looking at how much sugar was in each type of cereal and drink - I think the children (and the adults!) were quite surprised by how much sugar was in some products. Some of them didn't seem to have thought about the sugar limit before so that was a handy reminder for them.

They especially enjoyed finding their pulse (some had never done this before!), exercising and noticing how their heart rate increased afterwards. It was great how interactive this was.

Generally, the session was engaging, informative and interactive - it was great to share the children's ideas with you despite not being in person. Thank you!

Feedback from a member of staff at a primary school ”

4. SAFEGUARDING

Supporting Children in Care

Over the past academic year, WSHWBS has remained committed to meeting the health and wellbeing needs of Children in Care (CiC). This included the creation of a new Children in Care Nurse role. This nurse specialises in assessing the health of CiC and writes bespoke action plans to meet any identified health needs.

We also continued to provide one-to-one interventions to meet the health needs of CiC, working across venues including schools and children's centres.

The impact of lockdown

We continued to see an escalation in the number of children and young people requiring protection across the county. There was a rapid increase in the number of Early Help and strategy meetings taking place and our practitioners attended using secure virtual platforms. During these meetings, they shared knowledge on the impact of trauma on a developing child and how best to provide support.

In addition, many families progressed from requiring Early Help support to further safeguarding measures. This resulted in practitioners attending more Initial Case Conferences, core groups and Child in Need meetings than ever before and providing a higher number of interventions to support the health and wellbeing of the children and young people involved.

Holistic Health Assessments (HHAs) and health reviews of CiC during COVID-19

The number of CiC Review Health Assessments (RHAs) required has remained high. Despite this, the service has continued to complete the RHAs within stipulated time frames, with 95% of RHAs being completed within 28 days of receipt into the service.

With the gradual relaxing of COVID-19 restrictions, we were able to resume some of our face-to-face health assessments, including HHAs and RHAs. This enabled a more robust assessment and helped us to better hear the voice of the child. Though we have utilised remote communication methods during the pandemic, we recognize that virtual monitoring of vulnerable children is not as robust as in person contacts.

Safeguarding assessments completed



Multi-agency working

WSHWBS is one organisation participating in a coordinated approach to safeguarding vulnerable children and young people. We work closely with the dedicated Warwickshire Children in Care Team and are currently working with the Children in Care Council to gather feedback from children in care. This feedback will help us develop the services we provide and improve the experience of children and young people in need of our support.

Thematic safeguarding audit

Over the summer, we completed a thematic safeguarding audit. The audit covered seven overall themes of enquiry and involved self-evaluation of our performance against 46 areas. Through undertaking this audit, we found that WSHWBS has robust safeguarding processes, practices, and supervision in place. In addition, we have a breadth of documents which support staff in practice, including our Standard Operating Guidance, induction programmes, preceptorship packs, and guidance documents.

WSHWBS involvement in safeguarding processes								
Initial Child Protection Conference	Core Group	Review Conference (RCPC)	Child in Need	Strategy Meeting	Multi-disciplinary	Early Help	Family Support	CiC Review
282	603	84	201	92	6	142	22	15
Total meetings 2020/2021: 1,447				Total meetings 2019/2020: 1,008				

Support provided to the Multi-Agency Safeguarding Hub (MASH)	
Number of children information was requested for	424
Number of children WSHWBS were able to provide information for	129
Cumulative total by area	North 168
	Central 72
	South 48
	Area unknown 136

Supporting children affected by exploitation

We have further developed the support available to children and young people who have experienced exploitation or are at risk of exploitation through the appointment of a Child Exploitation Specialist Nurse. This school nurse (SCPHN) is co-located within Warwickshire CE team, providing health expertise for active cases as well as raising awareness amongst WSHWBS and partner health professionals of how to spot and support those at risk of child exploitation.

Case studies

Identifying and supporting a potential victim of child sexual exploitation

A young person was identified as a potential victim of sexual exploitation and allocated to the Child Exploitation Specialist (CES) Nurse. The nurse was able to build a rapport with the young person and explore her individual health needs. She was nervous about accessing sexual health support, so the CES Nurse arranged for a sexual health nurse to meet with her in the community. The young person received sensitive consultation and treatment from the sexual health service as a result of this. She received sexual health screening and decided to begin a long-acting reversible contraceptive (LARC) method.

During this engagement with the young person, the CES Nurse was able to incorporate exploitation awareness and safety planning work with the young person. Once the young person felt sufficiently comfortable, she developed a relationship with the CE Social Worker, who continued this work. The young person was supported to build awareness of the dangers of exploitation and how to recognise it, and was able to identify trusted individuals they could contact should she feel unsafe whilst out in the community.

Meeting the health needs of a Child in Care

Our CiC Nurse completed an RHA required for a child in a foster care placement. The health assessment revealed that the child had struggles with emotional health, sleep and managing her eczema. Speaking to the child's carer also revealed she had recently started her period and was struggling with this.

The CiC nurse provided health promotion advice throughout the assessment. She then arranged a follow-up appointment with the child in school the following week. During this session, she offered support with puberty and eczema management. She also liaised with school regarding emotional health support for the child and sent resources to the child's carer for support with puberty, periods and sleep.

After attending the child's CiC review meeting, the nurse was able to support a referral to CW RISE to further address the child's emotional health concerns. She also shared the child's health report with professionals to ensure that the carer and social worker were clear on the actions taken and required to support the child.

5. OTHER SUPPORT

Sources of referrals into the service

	Number	% of total
ChatHealth	10	<1%
Children & Family Services	566	13%
Family Information Service	4	<1%
Fitter Futures	2	<1%
GP	112	3%
Health Needs Assessment	1041	24%
Health Professional	216	5%
Health Visitor	139	3%
Internal referral	168	4%
Looked After Children's team	188	4%
Mainstream School	1242	29%
NCMP	308	7%
Relative	311	7%
Self	2	<1%
Specialist Teaching Service for schools (STS)	1	<1%
Young People Drug & Alcohol Service	1	<1%

Total referrals
2019/2020

5,107

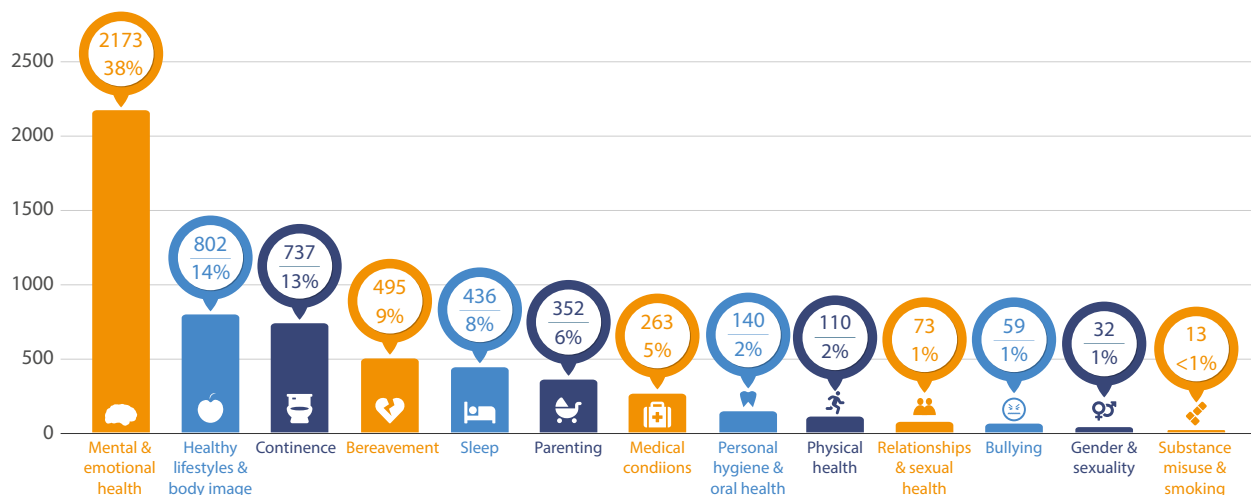
Total referrals
2020/2021

4,311

Limited completion of the HNA and NCMP resulted in a reduction in referrals from those two sources of **2,187**. Referrals from other sources increased, resulting in a total year-on-year decrease of **796**.

Reasons for interventions

The number of people who received interventions from school nurses and healthcare support workers, including one-to-ones and group workshops/programmes:



Virtual interventions



Medicines Management training

In order to ensure school staff still had access to Medicines Management training during restrictions, we created virtual training sessions on asthma, epilepsy and anaphylaxis. For schools with pupils who had been prescribed Buccal Midazolam for seizures, additional face-to-face training on its administration was offered. **75** schools across Warwickshire registered for one or more training session, with a total of **3556** school staff registering and **1038** providing feedback. Feedback was highly positive, with **60% of respondents rating training as 'excellent', 39% 'good' and 1% 'satisfactory.'**

“ A very informative video about how to support children and young adults with epilepsy.

” A really useful information film - I feel a lot more confident if I have to administer an Epipen now. Thank you!

“ I found this training extremely informative and clear. I have a clearer understanding of asthma.

” Really clear and easy to understand. I liked the clarity and pace of the presenter, she was very good.

” Great visuals of reactions and demonstrations of how to use [auto-injector] pens.

Parent/Carer Continence Workshops

Our Parent/Carer Continence Workshops were hosted virtually via Zoom by our FBIWs. There were two types of workshop - SEND and mainstream - which were delivered on a monthly basis. The live format gave parents/carers the opportunity to ask questions at the end of the session, while virtual delivery ensured continuity and accessibility in times of restrictions. Attendants were made aware of the opportunity to seek further support from our team and received a follow up call 6-8 weeks after the workshop to review progress and provide further guidance as needed.



Young carers

Following the success of last year's therapeutic baking sessions with young carers, a further five therapeutic baking sessions took place across the county. Due to the ongoing restrictions, the sessions were held virtually again. In total, 29 young carers took part, joined for some sessions by WSHWBS staff.

The young carers thoroughly enjoyed the session and learnt some very valuable life skills. We are hoping that further sessions can be delivered in the next academic year, virtually or face-to-face.



Parent/carer feedback

“ T loved it. You are all so fantastic and we can't thank you enough. P.S. his bread was lovely, we all loved it and praised them so much, we are finding so many ways to boost their confidence at the minute. We're seeing such a change in his attitude at the minute, thank you all so much. **”**

B had a great time making his bread. He was so proud of it. **”**

Thank you. They've loved it. The bread tastes delicious. **”**

C said it was very relaxing and enjoyed it because it was something different. **”**

The Young Carers Development Group continued to take place, with staff from across the skill-mix team looking for ways to best support young carers. This included making regular contact with Warwickshire Young Carers to offer our presence at youth groups and team meetings.

In addition, for Young Carers Action Day 2021, we showed our support for young carers through the creation of a video recognising the skills and qualities children and young people often develop through their caring role. Staff made hats showing these words in reflection of the many 'hats' a young carer wears in their daily life. This video helped us to promote the theme of the day, which was 'Protect Young Carers' Futures'. It was shared via social media and sent to our contacts at Warwickshire Young Carers.



[Watch video](#)

Special Educational Needs & Disabilities (SEND)

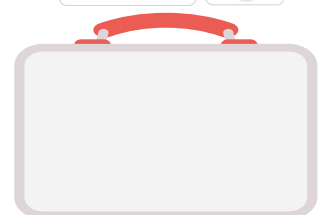
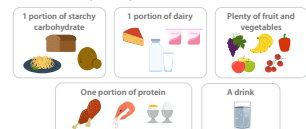
Our team continued to work with children and young people with SEND and their parents/carers to support their health and wellbeing. This included the provision of virtual SEND continence workshops for parents/carers, one-to-one support with topics such as emotional regulation and sleep, and healthcare plans when required for children and young people with SEND who have a medical condition that impacts on their school day (for example epilepsy or asthma).

Our SEND development group identified two Public Health Campaigns that it would be beneficial to develop resources for with a particular focus on special schools: BNF Healthy Eating Week and STOP CSE Awareness Day. For Healthy Eating Week, we created a range of resources for different abilities to raise awareness of the importance of different food groups and making healthier choices. This included a 'Create a lunchbox activity - food groups' activity, a 'Create a lunchbox - little or lots' activity, a 'Healthy or treat' activity, and 'Fruit and vegetables keep you healthy' colouring in sheet.

Create a lunch box

Look at the healthy lunch box checklist and then make a healthy lunch by placing the food and drink cards or drawing your own items.

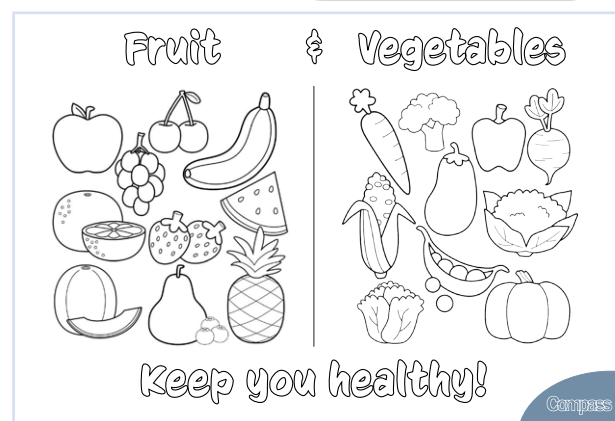
My healthy lunch box checklist:



Get an adult to help you cut out the different types of food and drink, then put them in the 'healthy' box or the 'treat' box.



Food choices



For STOP CSE Awareness Day, we focused on two topics: body awareness and staying safe online. We collated resources from trusted services such as the NSPCC with materials created by our own team to form lesson plans on each topic. These included PowerPoints, activities to complete, and accompanying videos.

These resources were sent to all schools, with special schools also receiving a phone call to discuss the materials sent, whether these had been used and what improvements could be made for future Public Health Campaign materials.



[Download resource](#)



Support from Warwickshire School Health & Wellbeing Service
Young people age 11-19 can text a school nurse to discuss any concerns about safety and wellbeing via ChatHealth - the number is 07507 331 525. This service is confidential and free. We encourage young people to save the number in their phones so it's there whenever they need it.
School staff can get in touch for support by calling 03000 245 204 or emailing schoolhealth@warwick.ac.uk. Find out more on our [website](http://www.warwick.ac.uk).

Case Study - supporting a child with anxiety and self-regulation

A child with a learning disability was referred into our service as they were struggling with anxiety and being able to self-regulate their emotions both at home and in school.

One of our Family Brief Intervention Workers met with the child in school. Over a series of sessions, they supported the child to learn to recognise their feelings and emotions and how they could express them in a healthy way. This involved using a variety of interactive games designed for this purpose. These included using scented play-dough to create faces of emotions and using mirrors to explore our own facial expressions. In addition, the Family Brief Intervention Worker also worked with the parents to develop strategies they could use to support the child at home.

Through this work, the young person demonstrated improvements in their communication and emotional regulation. This enabled them to have improved relationships both at home and school.

Very helpful and the lady had a vast range of knowledge in order to assist me. Thank you. ”

Parent feedback

ChatHealth

ChatHealth continues to be an important means of communication between WSHWBS, young people and parents/carers. Audits of the text messaging service have highlighted very informative interactions with service users and feedback has been positive. Yearly data informs us that Parentline was again busier than the young people's line, with 504 messages being received.

Our initiative for this year was to engage with schools and GP surgeries asking them to help us promote this free service to young people and families. This has proved positive, with ChatHealth and Parentline adverts now being displayed in some schools and GP practices. We will continue to build on this in the next academic year.



Did you know...
As a secondary school pupil, you have a school nurse who is here to support you!

You can talk to them face-to-face, over the phone, via video call or through our text messaging service ChatHealth.

Young people contact us for help with a wide range of topics, including:

- Friendships and relationships
- Health concerns
- Emotional wellbeing, including stress and anxiety
- Drugs, alcohol and smoking
- Healthy eating
- Struggles with sleep

Compass
Warwickshire School Health & Wellbeing Service

To get started, text us on **07507 331 525** or speak to a teacher about making an appointment through school.

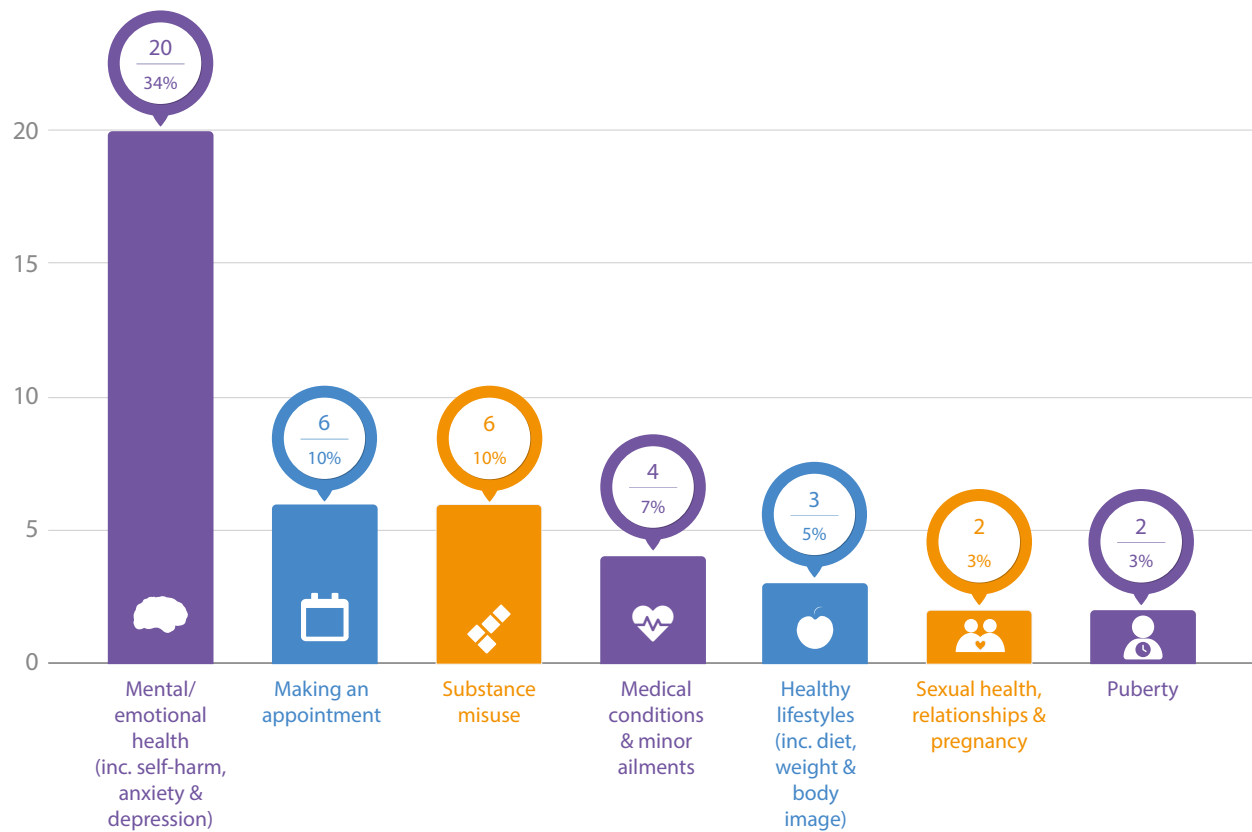
ChatHealth statistics (for 11-19 year olds)



Parentline statistics

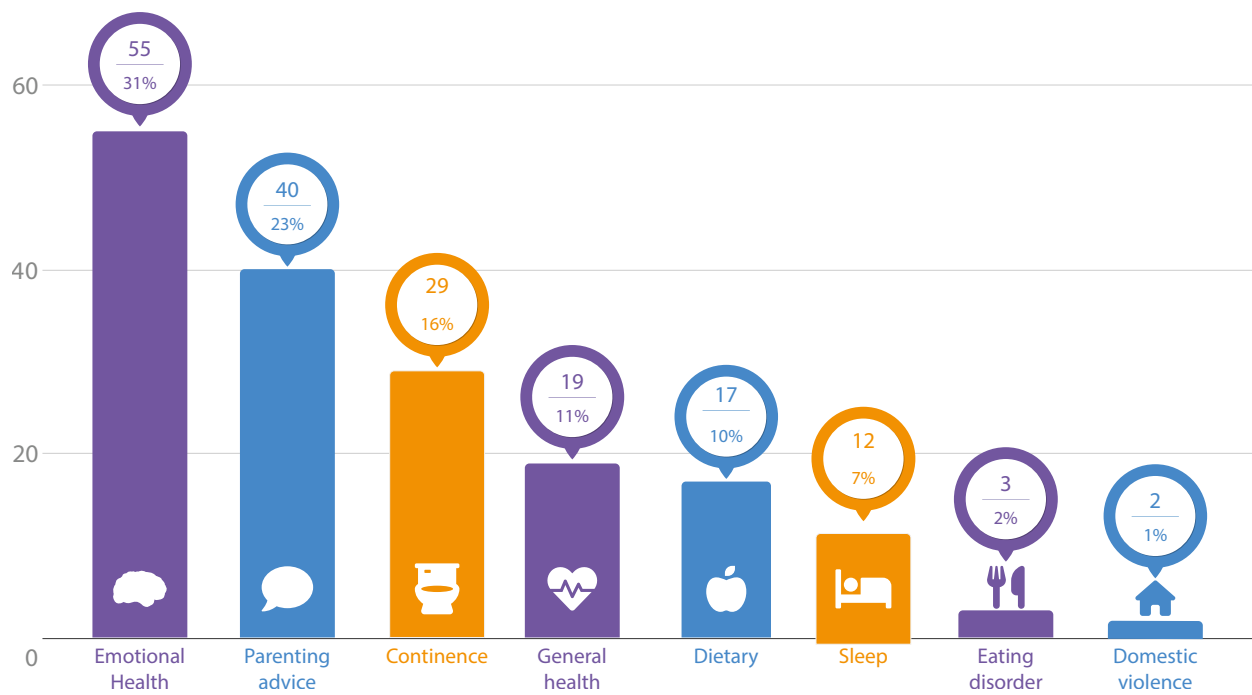


ChatHealth conversation topics



15 conversations (26%) had the attributed topic of 'other', which covers when a young person doesn't proceed with the conversation after initial messages or when a new conversation is started to provide service feedback. Some conversations covered more than one topic.

Parentline conversation topics



6. HOW THE SERVICE IS MAKING A BROADER DIFFERENCE

Working with the community to develop our service offer

We undertook several projects in the community to build on different elements of our service. These projects aimed to engage and empower groups and individuals by giving them a role in promoting health and wellbeing messages and/or shaping the support provided, as well as helping us ensure our service offer meets the needs of families and schools.

Service Rebrand Project

We continued to work with children, young people and families to rebrand our service. Our objectives were to come up with a name and brand identity that these individuals would engage with, and to raise awareness of the support available amongst groups who may not have been familiar with us previously.

We built on the work already completed with our Youth Health Champions, broadening the opportunity for children and young people to provide feedback by creating a digital form and sending it out to schools, youth groups and other partners working with families for distribution. This enabled individuals to vote on names and share thoughts about words and ideas they related to our service.

We then worked with an agency to analyse all the feedback and drawings and develop potential names and brand aesthetics. We decided on the name 'Connect for Health', as the word 'connect' and concepts surrounding this, such as community, had proven popular throughout the process. At this stage, we developed three possible logos and colour schemes and once again gave families and stakeholders the opportunity to vote on their favourites. Based on this, we finalised the visual branding seen below. We would like to thank everyone who took part in this project for taking the time to share their feedback and ideas.

Logo drawings by children & young people



Our final logo and branded materials



Public Health Campaign Lead Programme

Our Healthy Lifestyles Coordinator initiated a project to introduce the role of Public Health Campaign Leads in schools. The Public Health Campaign Lead role involves a school staff member becoming the main contact point with our service and leading the promotion of key health and wellbeing topics with pupils. From September 2021, those schools that have signed up to the programme will receive monthly or bi-monthly resources to facilitate the set-up of lessons, assemblies and/or drop-in sessions.

Staff from 52 schools declared interest in the programme and 39 meetings took place via Teams or Zoom, where conversations took place regarding the programme and if it was something the school had the capacity to commence. After the meeting, school staff were sent an overview of the programme and an email was sent to schools in late June to confirm if they would like to start the programme in September. 31 schools confirmed they would like to start the programme and will receive materials on the topic of physical activity in September.

Specialist Community Public Health Nursing (SCPHN) Student Project

As part of the SCPHN course, our two students conducted a year-long project aiming to further our relationships with those outside of mainstream schooling, such as home educated families and those in alternative education provisions.

The project began with introducing the WSHWBS to the target audience, outlining who we are and what we do, and then seeking the voice of those within these groups. Three questionnaires tailored to parents/ carers, professionals and young people were created to gauge understanding of the service and how they would like to engage with WSHWBS. A video was created to showcase the service and outline the sort of support on offer. The video helped to put faces to names and build trust across this community.

The videos were circulated via our service social media, and the social media outlets of several professional partners such as Warwickshire County Council and Education Otherwise. Directly emailing alternative providers across the county generated interest and following this, some face-to-face meetings were set up specifically to build rapport with these groups.



The next step will be to get in to as many of the county-wide alternative provisions as possible and to hold further meet and greet events across Warwickshire.

Lots has been learnt through this project and building on this knowledge, the service hopes increase the support to the home educated and alternative provision communities in ways that are meaningful and useful to them.

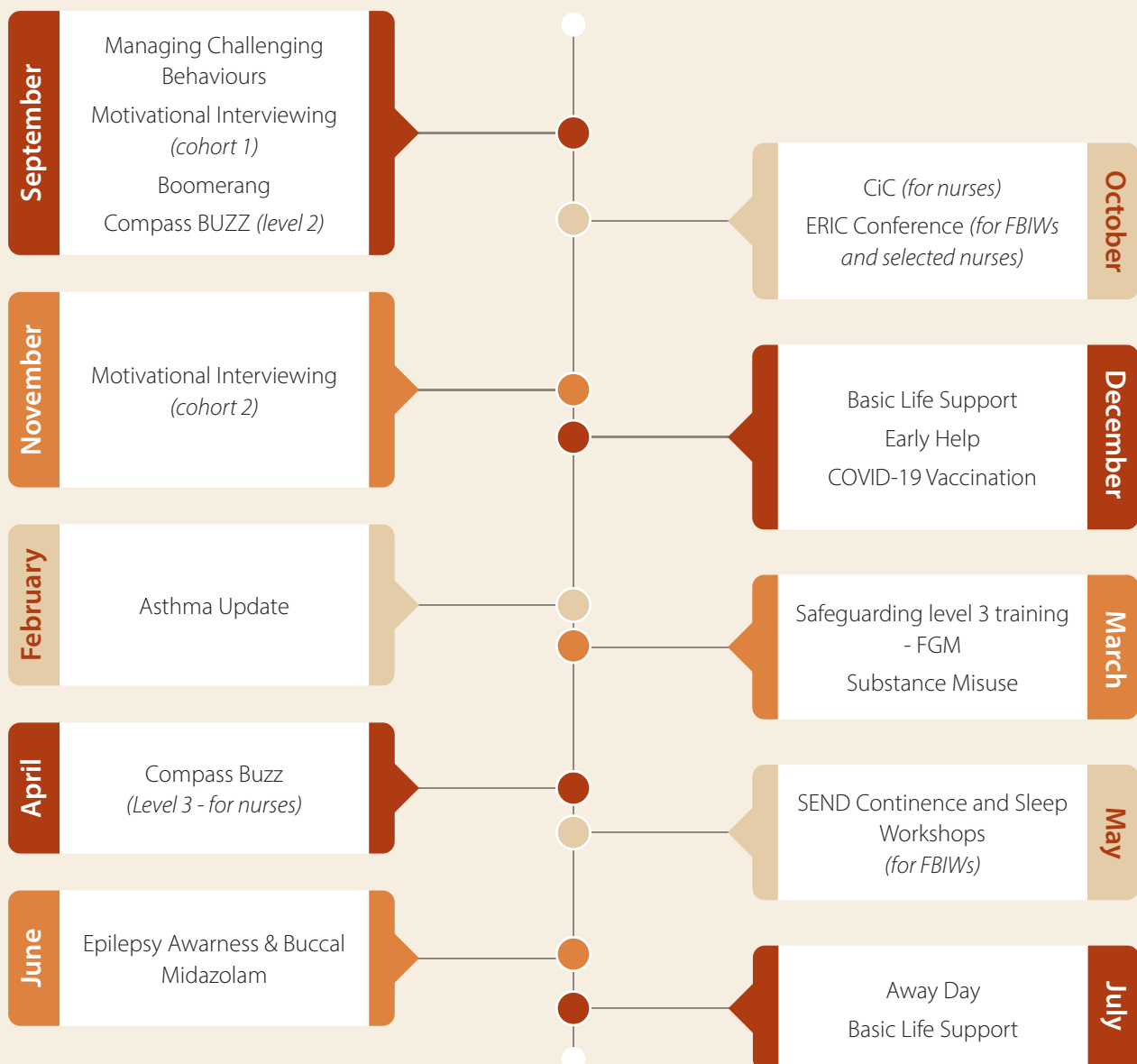
Staff engagement

Training and development

We have continued to be creative in how we deliver our staff development programme, ensuring that training is effective in upskilling current and new staff members and maintaining the quality and safety of the service. The majority of the training took place virtually; with this in mind, our management team worked to make sure it was enjoyable and engaging by choosing recommended providers and seeking staff feedback on sessions at all opportunities.

Alongside mandatory training, there were 13 additional training opportunities for staff to attend in order for them to upskill themselves within their roles (as detailed below). We have also continued to support staff through the Specialist Community Public Health Nurse (School Nursing) training. New staff continue to participate in our preceptorship programme, providing learning and development opportunities for both the preceptee and preceptor.

Training timeline



Staff wellbeing

We continued to think of creative ways to promote staff wellbeing within our service and across Compass. Initiatives included:

Time to Talk Day

As part of Time to Talk Day, our Healthy Lifestyles Co-ordinator arranged 'Time to Talk' sessions for staff. This was an opportunity for staff from across Compass to drop in for a friendly chat and provide support and advice to one another. The event took place virtually during lockdown. Staff feedback was highly positive, with comments highlighting the importance of encouraging communication during this time.

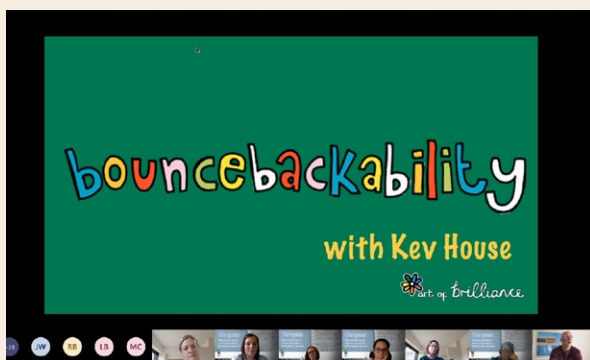
“ It’s a very important initiative and for every person who makes contact, that will have a ripple effect with who they also connect with. I really enjoyed my conversations and just listening to people’s personal experiences reinforces how difficult life has been and can be for so many of us.

Tea at 3

Another initiative to help staff continue to connect during lockdown was Tea at 3. Half an hour was put aside once a week for staff to meet virtually and enjoy informal conversation over a cup of tea.

Compass 'Wellbeing Booster'

A scheme was initiated across Compass where staff were given up to £20 per month towards a wellbeing activity of their choice. Many team members took up the scheme, getting involved in a wide variety of activities from pottery to exercise classes to cookery school.



'Away Day' with wellbeing focus

Following the success of last year's away day, we once again made wellbeing the focus of the virtual staff Away Day 2021. We invited back guest speaker Kevin House, author of 'The Art of Brilliance', who gave a presentation building on his previous work and looking at small changes we can all make to improve our daily lives, even during times of hardship. After this, the Change

Makers team hosted a session about wellbeing activities, reviewing pledges from 2020 and giving fresh ideas for activities and steps to maintain positive changes in our routine. Staff were once again given the remainder of the afternoon to complete their chosen wellbeing activity. All staff were also given their own copy of the 'Art of Brilliance' book.

Feedback from staff - training & wellbeing initiatives

“

Thank you for an informative and interesting training session.

CiC Training

It was very informative and I feel it was well delivered. It was also nice to have the opportunity to ask lots of questions and explore queries. ”

Epilepsy training

I have to say, as a new starter this whole morning has been fantastic! You all deserve a round of applause! ”

Away Day 2021

“

What a great range of presentations - with so many of you presenting. I've learnt a lot thank you.

Away Day 2021

“

It's a brilliant scheme that makes a hobby I love a lot more affordable. Going to my classes every week genuinely makes such a difference to my mental and physical health, I really do appreciate it, thank you!

Feedback on the wellbeing booster scheme

7. PRIORITIES FOR NEXT YEAR

Increase provision of our service offer to vulnerable groups

- Build on the learning from the SCPHN project to ensure meaningful engagement with children, young people and families in vulnerable groups.
- Increase partnership working with other agencies involved with vulnerable groups, such as young carers and home educated groups to extend the reach and provision of public health information.

Recruitment of a mental health & wellbeing lead nurse

- Recruiting a mental health and wellbeing nurse to the local management team will help us to build and sustain links with mental health & wellbeing services across Warwickshire to ensure a more equitable provision.
- Train and develop service staff to meet the required changes in mental health and wellbeing support as new evidence emerges.

Build community capacity and improve health behaviours

- SCPHN student project to include creation of a survey to find out how children and young people would like to engage with WSHWBS and what they would like from the service.
- Recruit volunteers into the service with the help of the Compass Volunteer Coordinator.

Launch service rebrand and increase awareness of the service amongst children, young people and families

- New service name and brand identity to be launched and promoted to families, schools and partner organisations.
- Branded public health resources and promotional materials to be developed and distributed to schools and families.
- Use of digital channels to raise awareness of Connect for Health with families.

Increase digital accessibility to health information

- Further use of social media, including Connect for Health Instagram page, to share positive health messages with young people and parents/carers and highlight the support available from school nursing.
- Development of Compass website and Connect for Health website page.
- Creation of digital resources, including videos, to respond to health needs identified in the HNA.

8. GLOSSARY

BNF — British Nutrition Foundation

CiC — Children in Care

CSE — Child Sexual Exploitation.

CW RISE — the emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire (includes Specialist Mental Health Services (formerly CAMHS)).

Healthy Child Programme (5-19) — Good practice guidance which sets out the recommended framework of universal and progressive services for children and young people (5-19 years) to promote optimal health and wellbeing.

HNA — Health Needs Assessment.

HHA — Holistic Health Assessment.

MASH — Multi-Agency Safeguarding Hub.

NCMP — National Child Measurement Programme.

RHA — Review Health Assessments.

SCPHN — Specialist Community Public Health Nurse (our school nurses are qualified nurses or midwives with specialist graduate level education in community health and the health needs of children and young people; the SCPHN qualification is recordable with the Nursing and Midwifery Council (DH, 2012)).

SEND — Special Education Needs and Disabilities.

YHC — Youth Health Champion.

9. CONTACTS

Main telephone number: 03300 245 204

ChatHealth Teen Line Text: 07507 331 525

ChatHealth Parent Line Text: 07520 619 376

Service manager: Karen Cornick

Address: Valiant Office Suites, Lumonics House, Valley Drive, Rugby CV21 1TQ

Secure emails: warwickshireschoolhealth@compass-uk.org (secure using an Egress account)
COMPASS.WarwickshireSHWS-Rugby@nhs.net (secure from NHS or gov.uk emails)
WSHWS_Rugby@welearn365.com (secure from welearn365.com or gov.uk emails)
warwickshireswb.service@compassuk.cjsm.net (secure from CJSN emails)

Locality hubs:

Central hub - covering schools in Rugby, Leamington Spa, and Southam

Team leader: Lorraine Kewell

South hub – covering schools in Stratford, Kenilworth, Warwick, Alcester, Shipston, Studley, Henley-in-Arden and Kineton

Team leader: Claire Harper

North hub – covering schools in Nuneaton, Bedworth, Atherstone, Coleshill, Polesworth and Keresley

Team leader: Rebecca Ellis

ABOUT COMPASS

Our charity, Compass, provides health and wellbeing services for children, young people and their families. We offer consultancy and training with clients including Transport for London.

We run health and wellbeing, substance misuse and sexual health services for children and young people across England and have been in the vanguard of the government's drive to establish Mental Health Support Teams in schools.

We have been providing the Care Quality Commission registered Warwickshire School Health and Wellbeing Service since September 2015.



Teen line

Young people can now text a school nurse from their mobile phone. ChatHealth, the school nurse messaging service, is confidential and available Monday to Friday from 9am to 5pm. You can message for advice on all kind of health issues, like sexual health, emotional health, bullying, healthy eating and any general health concerns. Look out for more information around school. You can still get in touch with the school nurse in the same way as you might have done before, if you prefer.

Text number: 07507 331 525

Parent line

Parents/carers can now text a school nurse from their mobile phone. ChatHealth, the school nurse messaging service, is confidential and available Monday to Friday from 9am to 5pm. You can message for advice about general health, child development, behaviour, toileting and emotional health and wellbeing.

Text number: 07520 619 376

A photograph showing a person's hands holding a smartphone. Overlaid on the image are two text bubbles. The first bubble is blue and contains the text 'Just a quick question that's been on my mind for a few days'. The second bubble is white with a grey border and contains the text 'No problem, we're here to help. What's on your mind?'.

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

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

The Compass website provides information about the regional services available, as well as tips, advice and guidance on a range of health and wellbeing topics for children and young people, parents/carers and professionals.



www.compass-uk.org