



Family health & wellbeing!

May 2023 Update

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Exam Stress

Throughout May pupils complete exams in a variety of subject topics and this can be stressful. Pupils may feel like they are not ready for exams, and worry about how they will perform. There may be pressure to achieve certain grades, but there are ways to manage the stress.



MIND - Exam stress

Information for 11-18 year olds on exam stress, with advice on how to cope and where to go for support.



Young Minds

Pressure to do well in exams can be overwhelming, so make sure to seek help if it's getting a bit too much.



Childline - Exam pressure

If you're feeling stressed about exams you aren't alone. Get advice from Childline and other young people.



Spending time outdoors can improve mood and reduce stress. Walking is an easy and accessible way to improve physical and mental health. Visit a green space in Warwickshire and enjoy the scenery.

[Nature reserves](#)

[Country parks](#)

[Woodlands](#)

[Community parks](#)

Sun Awareness Week



During the hotter months of the year, children can be exposed to UV radiation from the sun, often during the hours of the day when UV penetration is at its strongest (11am-3pm). Without adequate protection, a child's delicate skin can burn within minutes, causing irreparable damage.



Skcin's five sun safety tips are simple ways to stay safe in the sun - get more details [here](#).

1. SLIP on a t-shirt
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat
4. SLIDE on quality sunglasses
5. SHADE from the sun whenever possible

Sunscreen and sun safety

The NHS webpage has advice for adults and children on sunscreen and sun safety. Sunburn increases your risk of skin cancer and does not just happen on holiday.

A guide to checking your skin

The best way to detect skin cancer before it spreads is to check your skin regularly, about once a month. You should examine your skin from head to toe. Find out what to look out for.



Affected by the sun?

Advice, tips and information on what to do if you or someone you know experiences health concerns related to sun exposure. Click on the links.

- [Sunburn – DO's and DON'T's of what to do with sunburn.](#)
- [Heat Exhaustion and Heat Stroke – information and advice about how to treat it.](#)
- [Dehydration – the importance of staying hydrated.](#)

Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org