

Monthly Newsletter

March Edition 2024

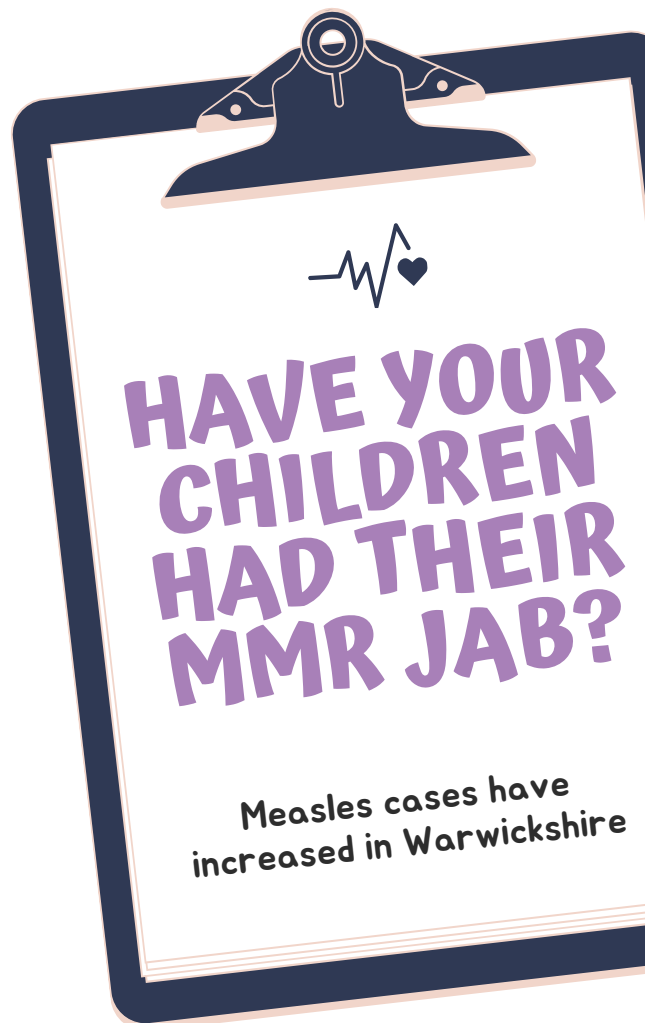
Let's talk about ...

- World oral health day - 20th March
- New website accessibility toolbar
- World book day - 7th March
- Measles & MMR vaccine
- National child measurement programme
- Useful contacts and resources
- C4H Stratford job vacancies



Looking for a new opportunity?
Join the Warwickshire School
Nursing Service.

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



A HAPPY MOUTH IS ... A HAPPY BODY!

World Oral Health Day - 20th March

PROTECT YOUR CHILD'S SMILE

Children's primary teeth play a vital role in how they nourish themselves, develop new tastes, learn to speak and grow.



As a parent you should make sure ...

- Your child is brushing twice a day, morning and night
- They brush for 2 minutes - set a timer or play a song to brush along to
- Help them until they have good brushing skills
- Reduce their sugar intake and eat a healthy diet
- Have regular dental check ups - every 6 months

Poor dental care can lead to ...

- Pain and oral infections
- Problems with eating, sleeping and socialising
- Time off from education for dental visits

[To learn more about how to care for your child's teeth - click here to visit the NHS website!](#)



Explore with confidence

Say hello to our new website accessibility toolbar!

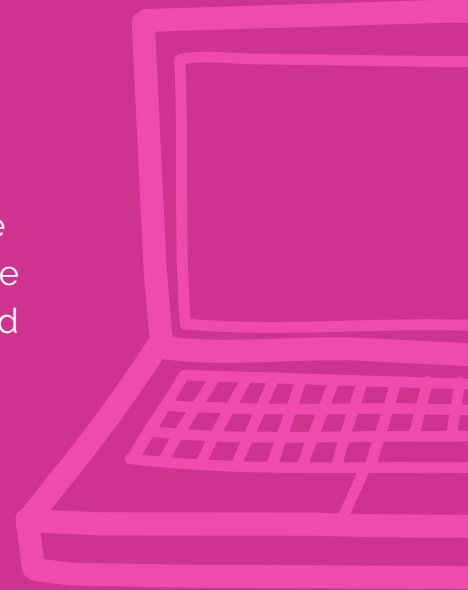


Accessibility

When using our Connect for Health website, you can now change the site to be more accessible for you. Is the font too small? Do the colours make it hard to read? Do you have a vision impairment and you prefer the text to be read out loud? If English is not your first language would you like to view our website in your primary language?

All of these changes, and many more are now possible!

Simply head to our website and click on the yellow 'accessibility' button at the top of the page to access the toolbar.



WORLD
**BOOK
DAY**

7 MARCH 2024

Celebrate books and reading

World Book Day - 7th March 2024

Celebrate the power of reading this world book day. Whether you're a parent/carer or an educator, this is the perfect opportunity to encourage children and young people to read.



Dress up as a character from their favourite book.



Create a reading sticker chart to track how many books they read.



Host a book club in your school or with a group of friends.

Measles Cases Increase

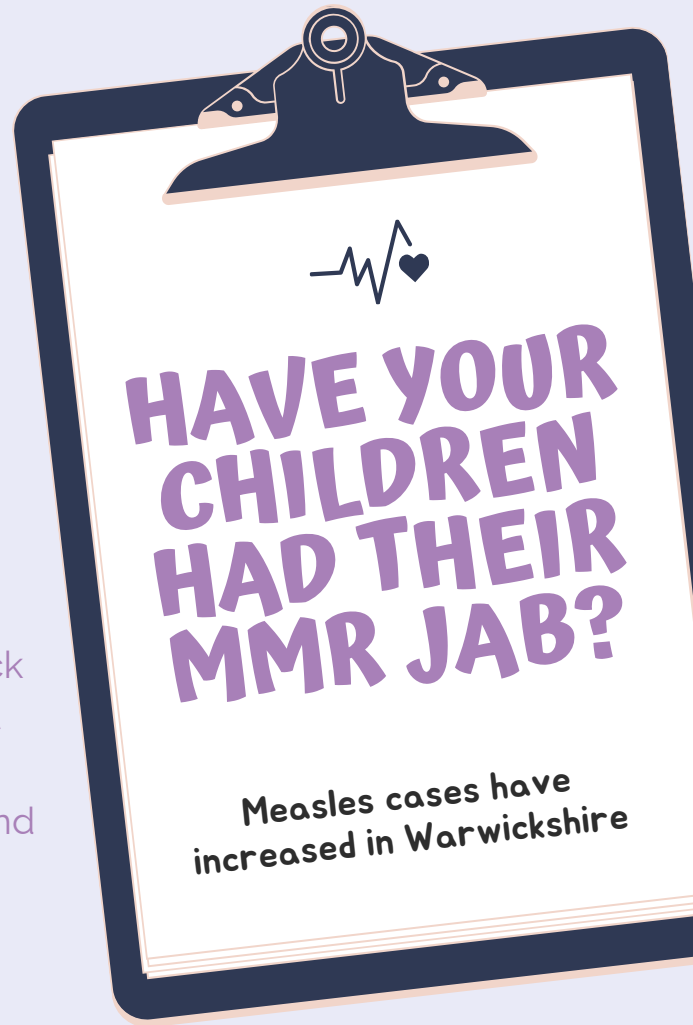
THE FIRST SYMPTOMS OF MEASLES:

- ✓ High temperature
- ✓ Runny or blocked nose
- ✓ Sneezing
- ✓ A cough
- ✓ Red, sore, watery eyes

Symptoms appear 7-10 days after contact with the virus.

NHS England is urging parents/carers to check that all family members have had the relevant MMR jabs. One dose of MMR is at least 95% effective in preventing measles, and the second does gives maximum protection to the virus.

[Click here to visit the NHS website for more information!](#)



National Child Measurement Programme (NCMP)

Has your child had their height and weight measurements taken for the NCMP? Height and weight measurements are taken for all Reception and Year 6 pupils in Warwickshire, unless opted out. If your child has been measured as part of the programme, you can view the results letter via your parent/carer portal. To log in or register an account, please go to:

<https://www.compass-uk.org/primary-parent-sign-up>



Please contact us if you have any problems or require a results letter sent by post.

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 children 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

We are **HIRING**

Are you a registered nurse?
Join the Warwickshire school nursing team!

APPLY ONLINE

Connect for Health is the School Nursing service in Warwickshire. We give school-aged children, young people and their families the tools to lead healthy, happy lives.



School Staff Nurse

Full time role
Stratford, Cygnet Court
£28,395 - £35,126 p.a.

School Nurse (SCPHN)

Full time role
Stratford, Cygnet Court
£35,665 - £43,603 p.a.

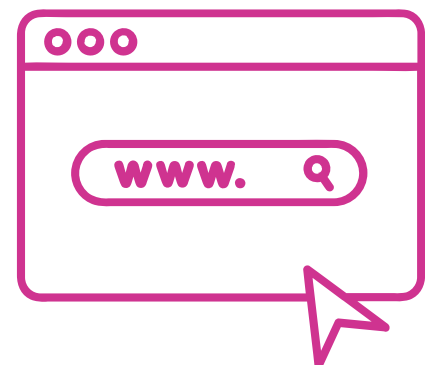
Candidates will need to have the relevant nursing qualifications and experience for the role selected.

Visit our website to view the roles and supporting documents in more detail.

If you wish to contact a member of our service leadership team for an informal chat about the role, please contact:

 **03300 245 204**

 **connectforhealth@compass-uk.org**



CLICK HERE