

Welcome to our School Health Newsletter

Supporting you and your family every step of the way.

We're here to help children, young people, and families across Warwickshire stay happy and healthy. Our team brings together health visitors and school nurses to provide joined-up support from pregnancy through the school years and into young adulthood - up to age 25 for children and young people with special educational needs or disabilities (SEND).

We offer advice and support on everyday topics such as feeding, sleep, emotional wellbeing, healthy lifestyles, and important changes like starting school or growing up. Whether you need guidance, reassurance, or extra support, we're here to help.

You'll see our team in schools, Family Hubs, clinics, and community settings, and sometimes through home visits. We work closely with schools, GPs, and other local services to make sure families get the right support at the right time, focusing on early help and prevention.

Our School Age Health Service supports children from starting school through secondary education. School nurses and health professionals work with families and schools to promote good health, spot concerns early, and support children's wellbeing. We also deliver health programmes such as the National Child Measurement Programme (NCMP) and health needs assessments to help us understand and support children's health across Warwickshire in partnership with Healthy Futures (Compass).

Most importantly, we aim to help children grow into confident, healthy young people - ready to learn and thrive.

**Contact our service by telephone or email
or visit our website.**



0300 247 0072

warkschildandfamily.co.uk



wcfw.contact@hcrgroup.com





School Health Newsletter

Designed for Schools and Families in Warwickshire

Edition: May 2026

Introduction

Welcome to the latest edition of our School Health Newsletter, created by Warwickshire's Child and Family Wellbeing service for children, young people and their families.

This newsletter is designed to keep you informed and connected with our service. Each edition will share health advice, service updates, and insights from our team as we work together to help children and families in Warwickshire lead healthier, and happier lives.

As a 0-19 service that supports families, your feedback is invaluable to us. If there's something you'd like us to explore in future newsletters, we'd love to hear from you.



We Want Your Feedback

To help us ensure our newsletters are filled with information which is relevant to you and your family, please [click here](#) to complete our online feedback form.

Your May Newsletter Includes

Health and Wellbeing Focus of the Month

This month we're considering how to build healthy friendships and relationships throughout childhood and adolescence. We'll also share practical tips and strategies from our SEND practitioner to support your child's friendships.

Upcoming Public Health Campaigns

We'll share tips and signposting for any public health campaigns and awareness days which your schools or families might be interested in taking part in.

Service and Local Countywide Updates

This section will highlight any updates from our service, along with local updates which could be relevant to you and your family.



Building Healthy Friendships and Relationships Through Childhood

Friends and positive relationships play a vital role in children's emotional wellbeing and development. Throughout their childhood and adolescence, children learn important life skills through relationships including empathy, communication, problem-solving and resilience.

This month we will explore some practical ways you can help support your child to build and maintain healthy relationships through every stage of growing up.

What does a healthy relationship look like?

Healthy relationships help children feel safe, valued and respected, and are built on kindness, honesty and trust. They allow children to be themselves, to sometimes disagree without fear, and to learn how to support one another by sharing, taking turns and listening. Healthy relationships also involve respecting boundaries and appreciating differences. Talking regularly with your child about what good friendships feel like can help them recognise positive relationships and understand when something doesn't feel right.

Supporting Friendships in Primary Aged Children

Younger children are still learning to socialise and manage their emotions.

You can use the following strategies to help support them:

Role model positive behaviour

Show kindness, listening and respect in your own friendships and relationships. Talk through how to resolve disagreements calmly.

Help them develop social skills

Encourage sharing, turn-taking and using kind language towards their peers. Practise asking to join in a game and how to say sorry.

Talk through friendship challenges

If your child falls out with a friend, listen to them without rushing to try and fix the problem. Encourage them to think about how others might be thinking and feeling in different situations and focus on problem-solving rather than blame.

Encourage a wide circle of friends

Support friendships both inside and outside of school. Children can develop good friendships through clubs and activities. Reassure children that it's ok to engage with different people at different times.

Building Healthy Friendships and Relationships Through Adolescence

Supporting Friendships in Secondary Aged Young People

As children enter adolescence, friendships can become more important and complex, especially as they navigate transitions throughout education. Parents and carers can support their children by:

Keeping communication open

Make time to check-in regularly and listen without judgement. Try to be curious rather than critical towards your child's friendships.

Support their emotional wellbeing

Help young people name and manage emotions such as jealousy, pressure or worry. Let them know that it's normal for friendships to change.

Talk about peer pressure

Discuss ways to say no and stand by their own values even if their friends have other ideas and opinions. Reassure them that healthy friendships will respect everyone's boundaries.

Online friendships

Talk openly about social media and group chats. Encourage kindness online and remind them to think before sharing. Explain how to block, mute or report upsetting behaviour.

Recognising when a child or young person might be struggling with friendships

Some children and young people may find friendships more challenging, and this can show through frequent worries about schools or friendships, avoiding social situations, noticeable changes in mood, changes in sleep or appetite, or feeling left-out, isolated or bullied. If you have any concerns, you can speak to one of our service practitioners.



SEND Spotlight: Supporting SEND CYP to Build Healthy Friendships

Supporting children and young with SEND to build healthy friendships and relationships

Explicitly Teach Social/Relationship Skills

Many children and young people benefit from direct teaching of key social skills, such as turn taking, understanding boundaries, recognising emotions and joining in play or group activities. This can be supported through modelling, role play, social stories or visual aids, and by working with education settings' SEND teams to access appropriate interventions.

Support Sensory & Emotional Regulation

Friendships flourish best when children and young people feel regulated.

Parents and carers can help by:

- Identifying triggers and early signs of overwhelm (use of a trigger diary).
- Offering safe breakout spaces and sensory supports.
- Teaching coping and calming strategies (zones of regulation, regular check ins etc).
- Preparing CYP for social situations with clear, predictable routines.

Encourage Healthy Online Friendships

Parents and carers can support children and young people to engage safely online by helping them understand what information is private and should not be shared, using clear and visual rules for online behaviour, monitoring access to social media, and introducing them to trusted online safety tools and resources.

Create Structured Social Opportunities

Children and young people with SEND often benefit from smaller group settings, shared interest-based clubs and adult-facilitated social groups. These approaches can reduce social pressure and increase confidence, helping to create more positive and successful social experiences.

Promote Positive Self-Esteem & Identity

You can help your child to recognise their strengths by celebrating their achievements, encouraging them to make independent decisions, and reinforcing what makes them a good friend. Confident children and young people are more likely to build healthy relationships.

Address Bullying and Social Vulnerability

Children with SEND may be more vulnerable to bullying, peer pressure and misunderstanding social cues, so it is important to use clear and direct teaching to support them. This includes helping children understand what safe and unsafe behaviour looks like, teaching them how to say "no" confidently, and making sure they know who they can talk to if they feel uncomfortable or unsure.

Strong Parent-School Communication

Healthy friendships grow when adults around the child have shared expectations. Useful approaches can include home-school diaries, joint problem-solving around friendship challenges, and consistency in routines and language.

Upcoming Public Health Campaigns and Awareness Days

Ideas for exploring these health campaigns at home with your children.

2026

MAY

SUN MON TUE WED THU FRI SAT

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

World Hand Hygiene Day

5th May 2026

World Hygiene Day is a great chance to explore healthy habits at home in simple, fun ways. Parents and carers can encourage children to practise good hygiene by washing hands together, brushing teeth morning and evening, and helping to clean toys or wipe kitchen surfaces. Activities like washing fruit before snacks, pretending glitter is “germs” that wash away, or caring for a favourite teddy by cleaning it can help children understand why hygiene matters. Talking openly and positively about keeping ourselves and others healthy helps build lifelong habits through everyday routines.

Mental Health Awareness Week

11th – 17th May 2026

Mental Health Awareness Week is a helpful opportunity to support children’s emotional wellbeing through everyday activities at home. Parents and carers can encourage children to talk about their feelings, reminding them that all emotions are normal and okay. Simple ideas like sharing a daily “high and low,” enjoying time outdoors together, practising calming breathing, reading stories about emotions, or setting aside screen-free family time can all help children relax and feel secure. By listening, showing kindness, and modelling self-care, adults can help children build confidence, resilience and healthy ways to look after their mental wellbeing.

International Nurses Day

12th May 2026

International Nurses Day is a great opportunity to help children and young people understand how nurses support our health and how to use NHS services appropriately. Parents and carers can talk with children about when and how to ask for help, such as contacting their GP practice, speaking to the school nurse, calling NHS 111 for advice, or using pharmacies for minor illnesses. It’s also helpful to explain when A&E is needed and when other services are a better choice. Learning about nurses’ roles and the wider NHS system helps children feel confident to seek support, use services responsibly, and understand that help is available when they need it.

Warwickshire Child and Family Wellbeing Service Updates

Explore recent updates from your 0-19 health service and the local area.



Supporting Active, Healthy holidays

During the Easter holidays, we visited the GRT sites in Warwickshire to deliver fun, inclusive activities promoting healthy, active lifestyles for children. Working with Healthy Futures and site managers, the children took part in energetic sports sessions and learned key sun safety messages. The sessions were well received and reflect our ongoing commitment to supporting children's health and wellbeing during school holidays.



Autism
Central

England's Peer
Education Programme

Autism Central

The national peer education programme for families and support networks of autistic people of all ages in England.



Delivered by
Anna Freud

www.aut

Autism Central

Autism Central is the national peer education programme for families and support networks of autistic people of all ages in England. The programme is delivered by Anna Freud and commissioned by the NHS. They offer families education, coaching, and connection through resources, one-to-one peer support, and group learning events. [Click here to access and book on the Autism Central website.](#)

Register for the event here:

Neglect Webinar Tickets, Monday 11 May 202



Multi-Agency Webinar Recognising and Responding to Neglect

Monday 11th May: 1pm-2:30pm

Venue: Microsoft Teams

This Multi-Agency Webinar will cover the importance of recognising and understanding neglect, showcase new resources, and invite partners to share their experiences of working with Neglect. [Register for the event here.](#)

SEND Service Update

The newly developed SEND 0–25 Offer from the Warwickshire Child and Family Wellbeing Service is currently undergoing verification. Once finalised, it will be shared with all schools and early years settings across Warwickshire. In the meantime, please continue to contact the service as required via the usual referral and contact routes.

Warwickshire Child and Family Wellbeing Service Updates

Explore recent updates from your 0-19 health service and the local area.

Easter Community Event Bringing Families Together

We had a brilliant time at this year's Easter community engagement event at Bedworth Civic Hall, where families, local organisations and services came together for a fun and informative afternoon. The event was full of activity, with a range of community stalls offering advice and support for children and families. St John Ambulance also ran helpful demonstrations on what to do in an emergency, including choking response and basic life-saving skills.

Our 0–19 service team hosted a welcoming stand and were joined by the Brush for Life campaign, sharing practical tips on looking after children's teeth and promoting good oral health from an early age. Throughout the afternoon, our staff spoke with many families taking part in the Easter egg hunt, offering advice and guidance on continence, emotional health and wellbeing, and behaviour support. We also helped connect families, parents, carers and schools with other local services, so they know where to turn for additional help when needed.

Thank you to everyone who came along and made the event such a success. It was wonderful to meet so many families and continue raising awareness of the support available for children and young people across Warwickshire.



Follow our Facebook Page

Stay connected and follow the Warwickshire Child and Family Wellbeing Facebook page for advice, local updates and practical tips to support children and young people's health and wellbeing. The page shares information on services, activities and resources for parents, carers and professionals, helping families stay informed and supported all year round.

Healthy Futures: Update for Warwickshire Schools

Health Futures is delivered by Compass, who are working alongside the Warwickshire Child and Family Wellbeing Service to support the health needs of children, young people and families across the county.

Introducing New Team Members

As Healthy Futures continues to grow, our team is expanding too. Over the coming weeks you may notice some new faces in schools and at network events - each bringing valuable skills and a shared commitment to supporting children and families across Warwickshire.

Lucy Rogers- Team Leader Healthy Futures

Lucy will provide day to day leadership for Healthy Futures and support the team to deliver consistent, high quality health promotion. She'll strengthen relationships with schools and partners, help shape delivery based on local needs, and ensure our work remains evidence informed and focused on improving children and young people's health and wellbeing.

Kim Stringer – Engagement and Participation Worker

Kim will be working to coordinate and deliver the Peer Champion Ambassador model across primary and secondary schools in Warwickshire, empowering children and young people to take active leadership roles in promoting health and wellbeing. Working closely with schools, pupils and partners to ensure peer led approaches are meaningful, inclusive and aligned with local public health priorities, with a focus on engaging vulnerable and underrepresented groups.

Liz Warn & Sarah Elsworth – Health Promotion Practitioners

Liz and Sarah are joining an experienced team of health promotion practitioners already delivering in schools across Warwickshire.

Their role includes delivering the National Child Measurement Programme (NCMP) and the Health Needs Assessment (HNA) within schools, as well as leading engaging, age-appropriate health education sessions that support children and young people to understand and take care of their health. Practitioners also contribute to wider community and school-based events, helping to raise awareness of key public health themes.

NCMP and HNA

The National Child Measurement Programme (NCMP) is nearing completion across Warwickshire, with HPPS following up children who were absent to ensure accurate data. Health Needs Assessments (HNAs) are also well underway, and the School Nursing Team is meeting with schools to share findings and co-design tailored Health Education packages based on each school's priorities, focusing on areas such as emotional wellbeing, healthy eating, physical activity and online safety.

Book a session

Our services are free for all Warwickshire schools – including PSHE support, parental workshops and health lesson delivery. Email HealthyFutures@compass-uk.org

Updates from the Warwickshire Health Visiting Team

Information and updates shared from your Health Visitors.

Maternal Mental Health Week

Maternal Mental Health Awareness Week is an opportunity to raise awareness of emotional wellbeing during pregnancy and the early years. Maternal mental health matters at every stage and getting support early can make a real difference for parents, babies and families. The Warwickshire Child and Family Wellbeing Service offers support for parents and carers from pregnancy through the early years, including help with emotional wellbeing and building early relationships. To find out more about the support available and how to access it, visit www.warkschildandfamily.co.uk

Parents in Mind

Parents in Mind offers support to mothers and birthing people across Coventry and Warwickshire. The service is funded by Coventry and Warwickshire Partnership Trust and Coventry City Council (Start for Life). During Maternal Mental Health Week, Parents in Mind are hosting wellbeing walks and creative workshops across Warwickshire.

Visit their website for more information on the support they offer, or to make a referral:

<https://www.nct.org.uk/services/parents-mind/coventry-warwickshire>

Coventry and Warwickshire

Join us for Maternal Mental Health Week

Warwickshire

Tuesday 5th
May
Wellbeing Walk
@ Riversley Park, Nuneaton
1-2pm

Meet at the bandstand at 1pm

Wednesday 6th
May
Wellbeing Walk
@ St Nicks Park Warwick
1-2pm

Meet by the cafe and park at 1pm

Thursday 7th
May
Creative Arts Workshop
Arts House Stratford
10-11:30am



Email if you have any questions: parentsinmind.wc@nct.org.uk



Warwickshire Child and Family Wellbeing

1.2K followers · 89 following · 35 posts

We provide a wide range of services for children, young people and families up to the age of 19 years

Follow our Facebook Page

Stay connected and follow the Warwickshire Child and Family Wellbeing Facebook page for advice, local updates and practical tips to support children and young people's health and wellbeing. The page shares information on services, activities and resources for parents, carers and professionals, helping families stay informed and supported all year round.

Updates from the Warwickshire Health Visiting Team

Information and updates shared from your Health Visitors.



Warwickshire Child and Family Wellbeing Part of **hcrq** Care Group

Baby Weighing Guidance

Following the new Healthy Child Programme guidance for babies and children, we now recommend the following frequency for weighing:

- No more than once a month from 2 weeks to 6 months old
- Once every 2 months from 6 to 12 months old
- Once every 3 months over the age of 1

All children under 2 years should be weighed naked. Over-monitoring can be misleading and may cause unnecessary anxiety. If your health professional is concerned, they may decide to monitor weight more frequently for a period of time.

If you want advice or to talk to a Health Visitor, you are welcome to attend a drop-in clinic, without having your child weighed.

Please always bring your red book with you.

0300 247 0072 wcfw.contact@hcrqcaregroup.com

SCAN ME

Visit our website to view all upcoming clinic dates and locations across Warwickshire.

Health Visiting Well Baby Drop In Clinics: New Locations

From May 2026 onwards, our Well Baby Drop In Clinics will be held at the following locations in Bedworth and Nuneaton:



Bedworth Health Visiting Well Baby Drop In Clinics
Date: First and third Thursday of the month
Time: 9:30am – 11:00am
Location: St. Francis Church Hall
No booking required



Nuneaton Health Visiting Well Baby Drop In Clinics
Date: Second and Fourth Thursday of the month
Time: 9:30am – 11:00am
Location: Hatters Space Best Start Family Hub
No booking required



Warwickshire Child and Family Wellbeing Part of **hcrq** Care Group

SCAN ME

Visit our website to view all upcoming clinic dates and locations across Warwickshire.

0300 247 0072 wcfw.contact@hcrqcaregroup.com

Thank You For Reading

Supporting every child, every step of the way

As we wrap up this edition of our newsletter, we wanted to say thank you for taking the time to stay connected with our service and for working to support your child's health and wellbeing. Nurturing and supporting children is a shared effort, and as a service we value the partnership between professionals, school, home and our wider community.

Need support, or have questions?

If you'd like to contact our service for support for your child or for any additional information about what we can offer to your family, please use the contact details below, or visit our website: warkschildandfamily.co.uk



0300 247 0072



wcfw.contact@hcrgroup.com

Helpful Signposting and Resources

Here are some trusted agencies and organisations offering information and resources for supporting children and young people with healthy relationships and friendships:

Relationships Coventry & Warwickshire provide counselling for children and young people experiencing difficulties with friendships, bullying or family relationships. Support is available in schools and community settings.
Call: 02476 225 863 | www.relationshipscovandwarks.org

NSPCC: Advice for parents and carers on how to talk to your child about relationships and consent: [Healthy relationships | NSPCC](https://www.nspcc.org.uk/healthy-relationships/)

Young Minds: "Friends can be a big help for your mental health, but sometimes things change. If you're not getting along with friends right now, you've had a fallout, or you just feel uncomfortable in your group, our tips and advice can help you through it."

<https://www.youngminds.org.uk/young-person/coping-with-life/friends/>

**Our next School Health Newsletter
is due out Monday 1st June.**

