

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@hcrqcaregroup.com





School Health Newsletter

Designed for Schools and Families in Warwickshire

Edition: February 2026

Introduction

Welcome to the first edition of our School Health Newsletter, created as part of Warwickshire's new 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 this is a new 0-19 service, we're excited to build this with you. Your feedback and ideas will help us shape future editions to ensure we're providing you with information that truly matters.



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 February Newsletter Includes

Health and Wellbeing Focus of the Month

This month we're recognising Children's Mental Health Week, exploring emotional health and resilience. We'll also share tips and strategies for emotional regulation and behaviour support from our SEND practitioners.

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.



Supporting your Child's Emotional Health and Building Resilience

Children and young people face a wide range of emotions as they grow. As parents and carers, you can play a powerful role in helping them to understand and manage these feelings. Here are some simple everyday ways you can support your child's emotional wellbeing and help them to build resilience, which will stay with them throughout any challenges they may face.

Create a Space for Open Conversations

Children are more likely to talk about their feelings if they know they'll be listened to without judgement. You could try introducing check-in moments during bedtime routines, going for a walk, or on a car journey.

Instead of asking "How was your day?" – Try open prompts like "What was one good thing that happened today?"

Teach Healthy Coping Strategies

Resilience grows when children learn tools to manage stress and bounce back. You can support this by:

- Practising calm-down strategies together such as deep-breathing, mindfulness or stretching.
- Showing them how to break down big problems into smaller, manageable steps.
- Encouraging creativity.

Help Them Understand Emotions

Children often need help naming and understanding what they're experiencing. You can encourage them to describe their feelings using words, drawings or emojis. You can also model this by talking about your own emotions in whatever way is appropriate.

Build Their Support Network

Children can feel safer and have more resilience when they have people they trust around them. Try to encourage positive friendships and connections in their peer groups, this could be done through school, activities or clubs. Also remind your children of all the trusted adults they could turn to if needed – this might include teachers, family members, or trusted friends.

Celebrate their progress and perseverance: "You worked very hard on that puzzle".

Praise Effort, Not Outcomes

Focusing on the effort that children have put into a task helps them to develop a growth mindset, making them more confident even if something doesn't have the desired outcome. Celebrate their progress, perseverance and learning. Remember to normalise mistakes too – they're a key part of learning.

Supporting your Child's Emotional Health and Building Resilience

Keep Their Routines Predictable

Predictable routines help children to feel safe and in control as they know what is expected of them. Try to implement some of this structure into your daily family routines:

- Regular meal-times, sleep routines and after-school traditions can give children a sense of security.
- If changes to your routines are coming up, try to communicate this to your child as early as possible so it doesn't catch them off guard. Also reassure them of what is going to stay the same.



Try to Look After Your Own Wellbeing Too

Children learn from what they see, and often model behaviour based on what their parents and carers show them. Take care of your own emotional health and show them how you cope when things don't go your way or if emotions are quite high. It's ok not to have all the answers, remember that you can reach out to our service if you need support for your child.

Children who develop resilience are better equipped to:

Manage worries and frustration

Build and navigate friends

Persevere through challenges

Adapt to change – big or small

Build a healthy sense of self-worth

Remember that resilience doesn't happen overnight, it's something that's grown through supportive relationships, consistent routines and the opportunities to learn from mistakes in a safe environment.

SEND Spotlight: Emotional Regulation and Behaviour Support

Helping your child to understand and manage their emotions.



This month we're sharing simple, practical strategies that parents can use to help support emotional regulation and positive behaviour. Small changes at home can make a big difference to helping your child feel understood and supported.

Strategy: Name The Feeling

Children can struggle to understand or express how they feel, especially when emotions are overwhelming. Naming emotions can help children to recognise what's going on and gives them a starting point for coping and conversation. At home you could use feelings charts or coloured zones to help them illustrate how they feel. You could also model this when talking about your own feelings to your child.

Strategy: Keep Routines Predictable

Many children thrive from routine and clear expectations. Predictability reduces anxiety and helps them to feel more in control.

- At home you could use visual timetables or checklists with pictures.
- Create a simple morning and bedtime routine and stick to it where possible.
- Give advance notice of changes – “In 10 minutes the iPad is going away and we're having dinner”.

Create a Regulation Toolkit

Having some go-to coping methods to hand in a 'regulation toolkit' can help calm situations before they escalate. You could include things like:

- Fidget toys/sensory items
- Movement breaks
- Breathing exercises
- Quiet space

Strategy: Create a Calm Space

Having a safe and quiet space can help children reset when they feel overwhelmed by their emotions or environment. Creating a space for regulation will allow them to take a break before their emotions escalate.

- Try a cosy corner with blankets and cushions.
- Soft lighting or noise-reducing headphones.
- Sensory items or calm activities/games.

SEND Local Resources

Emotional Regulation and Behaviour

- **Warwickshire SEMH Inclusion Videos:** Practical strategies to support regulation, resilience, and relationships.

[Click Here](#)

- **Rise Self-Help Library:** Worksheets and advice for anxiety, behaviour, low mood, stress, and sleep.

[Click Here](#)

Upcoming Public Health Campaigns and Awareness Days

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

2026	FEBRUARY						
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	

World Cancer Day

4th February 2026

Conversations about Health and Bodies: Take time to discuss why looking after our bodies matter. Sleep, movement, nutrition and the importance of sharing health worries with a trusted adult. Young people should be encouraged to learn how to carry out a personal check of their physical body – emphasising the importance of early detection.

[Official website of World Cancer Day by UICC | 4 February](#)

Children's Mental Health Week

9th February – 15th February 2026

Establish Family Rituals: Create a sense of security and belonging through family traditions. This could be as simple as cooking together, having a movie night each week or sharing stories in the evening.

[Resources and activities for Children's Mental Health Week](#)

Safer Internet Day

10th February 2026

Parents and carers can use this opportunity to discuss with their children how to make safe, informed choices when using smart devices and accessing anything online.

Parents could also share simple 'What would you do?' scenario cards about online messages, friend requests, and in-game chats.

Eating Disorder Awareness Week

23rd February – 1st March 2026

Positive Body Talk at Home: Parents and carers can model healthy language around food and bodies, focusing on strength, energy, feelings and skills rather than appearance.



Warwickshire Child and Family Wellbeing Service Updates

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



Children's Online Continence Workshops

We have restarted our online workshops to help parents and carers support children with continence issues, including daytime wetting, nighttime wetting and constipation. Each session is delivered online and includes a Q&A, followed by one-to-one support from a practitioner to help you apply the strategies at home. If your child needs support, please [click here](#) to contact our service to make a referral.



Medical Awareness Online Training

Our service has created a series of short, practical training videos designed for anyone working with children and young people in Warwickshire schools. You can access these for free to help improve your confidence with supporting those who have medical conditions. Please use the link below to access your online training:

[Professional Services Archive - Warwickshire Child and Family Wellbeing](#)



Button Batteries Can Harm and Kill

Following on from the Christmas period, our service wants to remind all families about the risk that button batteries can have. Button batteries, particularly the powerful lithium coin cell batteries, can badly hurt or even kill a child if they swallow one and it gets stuck in their food pipe.

Visit the Child Accident Prevention Trust to learn more about the dangers of button batteries and what you can do to reduce this risk: [Watch: Dangers of Button Batteries | Video](#)



Top Tip: If you believe your child may have swallowed a button battery, you should go straight to A&E or call an ambulance!

Safer Internet Day: Updates for Keeping Your Child Safe Online

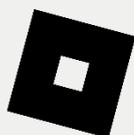
Discover some online safety tips which could be relevant for your family.



Avoid Being Automatically Added to a WhatsApp Group

Many children and young people using smartphones also use WhatsApp, where group chats are common. Unfortunately, some people add random numbers (including children's!) to groups that may share inappropriate content. To prevent this, we recommend you update your child's WhatsApp settings so they must approve any group invite before being added. Follow these steps:

- Open WhatsApp on your child's device and go to their profile in the bottom right-hand corner.
- Click 'privacy' and find the 'groups' option – click it.
- Choose who can add your child to a group, either 'everyone', 'my contacts' or 'my contacts except'.
- If you choose 'my contacts except', you will be able to select individual contacts who will not be able to add you to a WhatsApp group.
- A tick should appear next to the option you have selected.



Roblox Facial ID for Age Verification

In January, Roblox introduced a facial ID check to verify users' ages, which affects the content they can access. However, it has been reported that the AI system isn't always accurate - some younger children have been incorrectly identified as older, consequently giving them access to unsuitable content. If your child uses Roblox, check their account age settings to ensure they can only access age-appropriate games and groups.

Click the link below for more Roblox safety tips and to learn more about the platform:

[Why has Roblox changed its age verification? - BBC Bitesize](#)



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 continuing to work building resilience and supporting your child's emotional health. 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@hcrqcaregroup.com

Helpful Signposting and Resources

Here are some trusted agencies and organisations offering information and resources for supporting children, young people and their families with their emotional health.

Young Minds: Advice for parents, tips for supporting children, and a parent helpline:
[YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

Place2Be: Resources for building resilience and supporting emotional wellbeing:
[Improving children's and young peoples mental health – Place2Be](#)

Barnardos: Information for parents, health advice, and support for young people:
[Barnardo's](#) | [Children's charity](#) | [Barnardo's](#)

Kooth: Free, safe and confidential support for young people:
[Home - Kooth](#)

Our next School Health Newsletter
is due out Monday 2nd March.

