

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

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School Health Newsletter

Designed for Schools and Families in Warwickshire

Edition: July 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 July Newsletter Includes

Health and Wellbeing Focus of the Month

As we enter the summer months, we're sharing ideas for building a balanced lifestyle with good hydration. We'll also share practical tips from our SEND practitioner for making food fun and engaging.

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.



Healthy Lifestyles and Hydration

This month, we're encouraging families to build healthy habits and stay hydrated, especially as the weather warms up. Small changes at home can make a big difference to children's energy, concentration, and overall wellbeing.

Building a Balanced Plate

Encourage children to include:

- Fruit & vegetables (aim for 5 a day)
- Whole grains (brown bread, pasta, rice)
- Protein foods (beans, eggs, meat, fish, lentils)
- Dairy or alternatives (milk, yoghurt, plant-based options)

Snack Smart

Swap processed snacks for healthier options:

- Fresh fruit or fruit kebabs
- Yoghurt or fromage frais
- Crackers with cheese or hummus
- Vegetable sticks with dips

Top tip: You could try preparing snacks in advance so your child can access them easily.

Hydration

Staying well hydrated is essential for children's health and wellbeing, particularly during warmer weather. Children should aim for around 6–8 drinks a day, with more needed when they are active or it's hot. Water is the best choice, along with milk, while sugary and fizzy drinks should be limited. To encourage children to drink more, try adding slices of fruit like lemon, berries or cucumber to water for extra flavour. Sending a refillable water bottle to school each day and reminding children to drink regularly not just when they feel thirsty can help them stay hydrated throughout the day.

Family Mealtime

Children are more likely to eat well when they can help. Try to include them by letting them choose fruits and vegetables at the shop and help prepare simple meals.

Building Healthy Habits

Building healthy habits at home doesn't have to be complicated. Small, consistent changes can help children develop positive lifelong behaviours. Try keeping water easily accessible, offering fruit or vegetables with meals and snacks, and maintaining regular meal and snack times. Children learn by watching the adults around them, so modelling healthy eating and drinking habits can have a big impact as they grow.

Summer Friendly Ideas

Summer is a great opportunity to make healthy eating and drinking fun for the whole family. You could try creating homemade smoothies using fruit, vegetables and milk or yoghurt, freezing pieces of fruit for a refreshing snack, or enjoying picnic-style lunches packed with healthy options.

SEND Spotlight: Eating and Hydration

Healthy eating and hydration can sometimes present unique challenges for children and young people with SEND. The following tips and strategies are designed to help families create positive, supportive experiences around food and drink while recognising and respecting individual needs and preferences.

Sensory Differences and Food Preferences

Many children with SEND may have sensory sensitivities that affect the foods and drinks they are willing to try. This might include preferences around texture, colour, taste, temperature or smell. If your child has a limited range of accepted foods, try introducing new foods gradually alongside familiar favourites without pressure. Even small steps, such as touching, smelling or licking a new food, can help build confidence over time.



Creating Predictable Mealtimes

Children often benefit from routine and predictability. Having regular mealtimes and snack times can help children understand what to expect throughout the day and may reduce anxiety around eating. Using visual timetables, picture schedules or countdown timers can support children who find transitions difficult.



Encouraging Hydration

Some children with SEND may not recognise feelings of thirst or may forget to drink regularly. Offering drinks at set times throughout the day and keeping water easily accessible can help. Visual reminders, colourful water bottles, drinking charts or using a favourite cup may also encourage children to drink more frequently. If plain water is challenging, you could try adding slices of fruit for flavour or offering milk alongside meals.



Make Food Fun and Engaging

Exploring food through play can reduce pressure and increase familiarity. Children may enjoy helping to wash fruit, stir ingredients, cut soft foods using safe utensils, or create colourful faces and shapes on their plates. Engaging with food in a fun way can help build positive experiences and support healthy eating habits.

Upcoming Public Health Campaigns and Awareness Days

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

2026		JULY					
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		

Alcohol Awareness Week

6th – 12th July 2026

Alcohol Awareness Week is a great opportunity for families to start open, age-appropriate conversations about alcohol and its impact on health and wellbeing. Children are often exposed to messages about alcohol through media and everyday life, so talking at home can help them understand its effects and feel more confident making safe choices in the future. Parents and carers can get involved by having simple chats about what alcohol is, exploring how it affects the body, and encouraging questions in a supportive way to help children develop healthy habits and awareness over time.

Disability Pride Month

July 2026

July is an opportunity to celebrate diversity, promote inclusion, and recognise the achievements and experiences of people with disabilities. It's a valuable time for families to have positive, age-appropriate conversations about differences and respect, helping children understand that everyone's abilities and needs are unique. Families could read inclusive books together, talk about role models with disabilities, and encouraging children to think about kindness and accessibility in everyday life. You might also explore how environments can be made more inclusive or discuss how to be a supportive and respectful friend.

International Day of Friendship

30th July 2026

International Day of Friendship is a chance to celebrate the importance of kindness, connection, and supportive relationships in our lives. It's a great opportunity for families to talk about what makes a good friend, such as respect, empathy, and listening to others. You might also talk about how to include others who may feel left out and discuss ways to resolve disagreements positively. These simple activities can help children build strong social skills, develop empathy, and understand the value of positive, healthy friendships.

Warwickshire Child and Family Wellbeing Service Updates

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



Online Sleep Workshop (FREE)

Monday 6th July @ 1pm – 3pm

Warwickshire Family and Relationship Support are running a free Sleep Workshop for parents and carers. This interactive workshop will explore common causes of sleep problems and share practical strategies to help improve sleep routines and habits. Once registered, you will receive a confirmation email with further details. Please note that this workshop is open to Warwickshire parents and carers only. [Click here to reserve your space.](#)



Warwickshire's HAF Programme Summer Activities are Now Live!

Warwickshire's Holiday Activities and Food (HAF) Summer schedule is now live. [Click here to search](#) all the activities on offer for your child this summer.

You can learn more about the HAF programme or apply for a code by visiting the link below:

[HAF: For parents – SearchOut](#)



Health Impact Leads: Building a Public Health Session

Health Impact Leads at Alcester Grammar school took part in a session with one of our marketing team where they gained valuable insights into creating effective public health campaigns.

The presentation provided knowledge and practical tips on developing engaging health messages, reaching target audiences, and making campaigns more impactful.

Health Impact Leads left the session with new ideas and skills to help them deliver successful health promotion activities within their school.

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.

Summer Schools

As children prepare to make the exciting move from Year 6 to Year 7, we are offering summer school sessions designed to support young people during this important transition.

These sessions aim to provide a supportive environment where pupils can discuss any concerns, learn strategies to look after their wellbeing, and develop healthy behaviours.

If your school is delivering a summer school programme, we would love to hear from you. Please get in touch. We look forward to working with more schools to help young people start Year 7 feeling confident, resilient, and ready for the opportunities ahead.

Making Measurements Accessible

To help ensure a positive and supportive experience for all pupils, we will be providing schools with SEND-friendly cue cards to use before the National Child Measurement Programme (NCMP) height and weight checks. These visual resources are designed to help children understand what will happen during the process, reduce anxiety, and support those with additional communication or learning needs to feel more comfortable and prepared.

Staying Safe Around Water

The Healthy Futures team has been delivering Water Safety sessions across primary schools in Warwickshire.

This is a key time to reinforce important safety messages, such as understanding risks, how to stay safe and what to do in an emergency particularly with the increased risks around open water during the summer months.

Thinking Ahead – Support for September

As schools prepare for the start of the September term, we can offer a range of health interventions to support children with a positive transition back to school. If your school would like more information, please get in touch to discuss your needs and arrange tailored support.

Nuneaton Teenage Market

The Healthy Futures team attended the Teenage Market event in Nuneaton. The event provided an opportunity to speak directly with young people, raise awareness of support available, and gather valuable feedback about and better understand how services can continue to meet their needs.

If you're attending the Warwick Teenage Market on 18th July, please come and say hello – we'd love to see you there!

Updates from the Warwickshire Health Visiting Team

Information and updates shared from your Health Visitors.

Watch Our Online Video: Preparing Your Child To Start School

Your Warwickshire Health Visitors and School Nurses have worked together to create a video resource which helps parents and carers to prepare their child for the big milestone of starting school.

This video is filled with practical tips and advice to help your child feel more comfortable about starting school, and to ensure your child has the skills they need to succeed in their classroom environment.

[Click here to watch on Facebook.](#)



ChatHealth

We also offer ChatHealth – a text messaging advice service where you can contact our Health Visiting team and they'll respond within 24 hours. Text us on: 07520615293



Online BreastFeeding Sessions

Dates for July, August and September Available

Our Warwickshire Community Infant Feeding Team are here to help you get the best start to your breastfeeding journey.

If you've had your 20 week scan and are living in Warwickshire, you can access antenatal support through our online Q&A sessions.

[Register for one of our upcoming sessions here.](#)

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



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Helpful Signposting and Resources

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

NHS Healthier Families - Healthy recipes, meal ideas, lunchbox suggestions, healthier snacks and practical family lifestyle advice: <https://www.nhs.uk/healthier-families/>

Healthy Start Scheme - Support for eligible families with vouchers for fruit, vegetables, milk and infant formula: <https://www.healthystart.nhs.uk/>

British Nutrition Foundation – Understanding a healthy, balanced diet: <https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthy-balanced-diet/>

**Our next School Health Newsletter
is due out Monday 3rd August.**

