

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



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School Health Newsletter

Designed for Schools and Families in Warwickshire

Edition: April 2026

Introduction

Welcome to the latest 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 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 April Newsletter Includes

Health and Wellbeing Focus of the Month

April is Stress Awareness Month, so our health focus looks at understanding stress and anxiety, especially around exam season. We'll also share practical tips and strategies from our SEND practitioner to support your child.

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.



Understanding and Managing Exam Stress and Anxiety

As we approach exam season for many students, it's completely normal for children and young people to feel a rise in stress levels. A little bit of stress can motivate us, but too much can feel overwhelming and have negative effects on our health and wellbeing. This month we're focusing on understanding stress and offering simple, effective ways for families to support their children.

What is stress?

Stress is the body's natural response to feeling threatened or put under pressure. It is a natural emotion and can motivate us to achieve our goals – however too much stress can affect our mood, our body, and our relationships.

Keep Communication Open

Let your child know it's good for them to talk about how they're feeling. Encourage short, regular check-ins rather than one big conversation.

Support Good Sleep Habits

Sleep is important for your child's overall health and wellbeing. Try to keep routines consistent and ensure they get enough sleep each night.

Responses to stress during exams

During their exams, young people may:

- Have trouble sleeping
- Difficulty concentrating
- Feel worried or irritable
- Have headaches or stomach aches
- Experience changes in appetite
- Feel tearful or overwhelmed

These feelings are common, and with support at home and school, children can build healthy coping strategies.

Help Them Plan Their Time

A simple, balanced revision timetable can reduce panic and help tasks feel more manageable. Remind them to include breaks, fresh air and fun activities.

Encourage Healthy Breaks

Short bursts of movement, a quick snack, or a walk outside can help reset their mind and improve their focus.

Reassure Them That Effort Matters Most

Remind your child that exams are important, but they do not define their worth or their future success on their own. Celebrate progress, not perfection.

SEND Spotlight: Supporting SEND Pupils Through Exam Stress

Quick tips for parents and carers to support your child during exam season.

Keep Routines Calm and Predictable

Children with SEND often feel safer when things are predictable. Try a simple morning and evening routine, consistent mealtimes and a visual timetable to help your child feel in control and reduce anxiety.

Talk About Exams Early

Keep conversations clear and pressure-free. Describe what the exams might be like and try saying things like, “You don’t have to know everything” and “Your best is good enough” - this reduces fear of the unknown and prevents exam talk becoming overwhelming.

Use Short, Structured Revision Bursts

Long sessions can increase stress, whereas short ones can feel more achievable. Try 10-15 minutes of focus, followed by a short break. This can help maintain attention and reduce anxiety, especially for individuals with ADHD, autism, or processing difficulties.

Rehearse the Exam Experience

A walk through of an exam can reduce your child’s fear. Go through where they’ll sit, what the room looks like, what support they’ll have and how to ask for a break. Familiarity lowers anxiety for pupils who struggle with change or sensory overload.



Create a Sensory-Friendly Revision Space

Many children and young people revise better when their environment feels safe and comfortable. You could consider noise-reducing headphones, soft lighting, minimal clutter, and access to sensory tools.

Break Tasks Down Together

Many SEND pupils will struggle with organisation or switching tasks. You can help your child with this by breaking tasks into “now” and “next” steps. You can also create visual checklists and focus on one question at a time revision. Small steps can reduce overwhelming feelings and improve motivation.

Keep Life Balanced

Light exercise, outdoor time, hobbies and quality rest all matter – especially during your child’s exam time. Make sure that your child has time to reset and do the things they enjoy to reduce any exam pressure. Celebrate their efforts, rather than their performance.

Upcoming Public Health Campaigns and Awareness Days

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

2026

APRIL

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		

Stress Awareness Month

April 2026

Stress Awareness Month is a chance for families to help children understand and manage stress in simple, healthy ways. At home, you might try a quick daily check-in about feelings, create a small “calm corner” with comforting items, or practise easy breathing exercises together. Reading stories about emotions and building short bursts of movement into the day, like a walk, stretch, or dance, can all help children relax and build resilience. Showing children how adults manage stress with self-kindness helps them learn to do the same.

World Autism Awareness Day

2nd April 2026

Autism Awareness Day is a valuable opportunity for families to celebrate neurodiversity and help children understand that everyone experiences the world differently. At home, you could read stories that highlight diverse ways of thinking, talk about individual strengths, and encourage respectful questions. These small conversations help children appreciate differences and build empathy and inclusion.

World Health Day

7th April 2026

World Health Day is a great opportunity for families to explore healthy living together. Simple activities like creating a colourful meal-plan, taking short daily walks or setting a water bottle challenge can help children learn about wellbeing in fun ways. You might also talk about bedtime routines that support good rest or practise handwashing through play for younger children.

World Immunisation Week

24th – 30th April 2026

World Immunisation Week is a timely reminder for families to make sure children’s routine vaccinations are up to date, helping protect them and the wider community from preventable illnesses. It’s a great opportunity to look over your child’s health record and talk about how vaccines keep bodies strong. You can reach out to your GP if you’re unsure whether anything is due. Taking a few minutes to check now ensures children stay protected and supports a healthier future for everyone.

Warwickshire Child and Family Wellbeing Service Updates

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



The Children's Society #LookCloser Campaign - Newsletter for Education

We are pleased to support Warwickshire Police's #LookCloser newsletters. #LookCloser is an award-winning awareness campaign led by The Children's Society and supported by The National County Line Coordination Centre and The British Transport Police. The below newsletter helps to raise awareness of child exploitation and strengthen the local response to this harm. [Read your newsletter here.](#)



Change Grow Live: Warwickshire Training Programme

Change, Grow, Live, delivers training and development programmes for their partners interested in developing drug and alcohol awareness. The training sessions are FREE and available to anyone who may come into contact with people struggling with substance use or their families. [Find more information about the training here.](#)

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.](#)



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.

The National Child Measurement Programme (NCMP)

The NCMP programme is now close to completion across Warwickshire. Our HPPs are working hard to follow-up with children who were absent on the initial measurement day to ensure complete and accurate data.

Health Needs Assessments (HNAs)

A significant number of HNAs across Warwickshire are now completed and the School Nursing Team is busy meeting with each school to share the findings. Using your school's specific priorities, we're co-designing a tailored Health Education package – drawing on assemblies, curriculum-aligned lessons, small-group work and parent sessions – to focus on the areas that matter most to your pupils (e.g. emotional wellbeing, healthy eating, physical activity and online safety).

Health Education Packages

Health Education sessions are being delivered across schools with tailored packages aligned to your priorities. Please get in touch if you would like any sessions for the summer term.

PSHE Network

Next term we will be sharing feedback from the PSHE Network and what the next steps are for this collaboration.

Health Champions

Our Health Champions programme is now well underway, and schools are reporting brilliant outcomes already. Champions are modelling positive health behaviours, promoting wellbeing messages, and supporting their peers to look after their physical and emotional health.

Schools have told us that:

- Peer-to-peer messaging is **increasing engagement**.
- Health Champions are **driving improvements** in daily routines.
- Pupils feel **more empowered** to lead healthy habits.
- The programme aligns strongly with new guidance, encouraging **young people to help curate the PSHE curriculum**.

We are delighted to see pupils embracing their roles and making a real impact within school communities.

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.

Safe Sleep Practices: Baby Necessities

Your Health Visitor can provide support regarding safe sleep practices. We know that greater awareness of safer sleep leads to a decrease in sudden infant death. As part of this we're sharing the 'baby necessities' – the essential items that your baby needs and how to check that they're as safe as possible.

We want to remind you that you can keep it safe, by keeping it simple.

First, remember that the safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket. We recommend a firm, flat mattress with a waterproof cover. Sleeping your baby on their back in their own clear, flat, separate sleep space helps reduce the risk SIDS.

For safer sleep, you don't need to buy lots of products or spend money on expensive items. There are just a few items that we recommend:

- Cot or Moses basket.
- Portable sleep space such as Moses basket, travel cot or carry cot.
- Mattress.
- Sleeping bag or sheets and a lightweight blanket.
- Room thermometer.
- Car seat – this is not intended for sleeping when not travelling but is essential for safer travel.

Need Further Support?

Remember, if you need any advice, you can contact a Health Visitor on the advice line - 03002470072 and our text service CHAT HEALTH on 07520615293.

Things to avoid

Some products available for babies to sleep in might not provide the safest position for their breathing (airway). We advise against letting babies sleep in anything that keeps them in a seated or inclined position as this can restrict their breathing. We also advise against soft items such as loose bedding and pillows, as the baby's face can become pressed against them which can block their breathing.

We recommend that you avoid:

- Soft sided pods or nests.
- Pillows, duvets or thick heavy bedding.
- Cot bumpers.
- Bouncy chairs.
- Baby hammocks.
- Bean bags.
- Baby swings.
- Sleep positioners.

Lullaby Trust Website

The Lullaby Trust website is also a brilliant resource for parents and carers to use to support the safety and health of their baby: <https://www.lullabytrust.org.uk/>

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



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Helpful Signposting and Resources

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

Young Minds: Supporting a Young Person Struggling with Anxiety
[Supporting a Young Person Struggling with Anxiety | YoungMinds](#)

[Hub of Hope: hubofhope.co.uk](https://hubofhope.co.uk)

A database of UK mental health charities and organisations offering advice and support.

[Kooth: kooth.com](https://www.kooth.com)

Safe, anonymous, online community and counselling for young people in certain areas of the UK. New users need to create an account to use it.

Visit Mind for more useful signposting and resources:
[Useful contacts for support - for 11-18 year olds | Mind](#)

**Our next School Health Newsletter
is due out Monday 4th May.**

