



# Family health & wellbeing!

## February 2022 Update

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# Make kindness the norm

## Random Acts of Kindness Day is Thursday February 17th, 2022

The power of a smile, a kind word, a listening ear, an honest compliment, or an act of caring: these small actions have the potential to brighten someone's day. Random Acts of Kindness (RAK) Week (13th to 18th February) and RAK Day are opportunities to think about how we can be kind to people and take part in activities that promote kindness.

Encouraging children to complete acts of kindness is a great way of helping them develop into caring and compassionate people. It can also help them achieve one of the [5 Steps to Wellbeing](#): giving to others.

## Activities and ideas for showing kindness



### Colouring contest

Children can colour in the RAK poster and display it to inspire acts of kindness - or create their own design using paints, collage or any other materials available.



### Handmade cards

Help children create a handmade kindness card to say thanks to someone, share a kind message or just say 'hello'.



### Take time to talk

Make the time to talk to someone you care about. Talk about thoughts, feelings and aspirations.



### Feed the birds

Help children to connect with the nature in your garden by putting food out for birds.



### Donate toys

Toys and games that children have outgrown or don't need that are still in good condition can make another child happy if they donate them.



### Bake treats for others

Try out these easy baking recipes with your child, then encourage them to hand them out to loved ones to experience the joy of giving.

# Time to Talk Day

**Time to Talk Day takes place on Thursday 3rd February 2022, asking people to come together to talk, listen and change lives.**

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health, by talking about it we can support ourselves and others.

## Ways to get involved

### Conversation Starter Game

Print, cut out and play or even create your own conversation starter game. This game provides a fun way of starting conversations with people which could help to break down barriers and change lives.



### Talking tips

These tips can help you approach conversations about mental health in a helpful and supportive way.



### Time to Talk Day BINGO

Use this bingo card to help start conversations and get people thinking about mental health.

### Time to Talk Day 'Would I Rather Game'

Ask a question, can others guess the answer?

# Safer Internet Day

**Safer Internet Day 2022 is on Tuesday 8th February, with the theme 'All fun and games? Exploring respect and relationships online'.**

Young people often interact with others when gaming, chatting and streaming. Safer Internet Day 2022 promotes creating a safer internet for younger people to enjoy, whether that is whilst gaming and creating content, or interacting with their friends and peers.

## Useful guides and fun resources for staying safe online

### Parents/carers

Tips, advice, guides and resources to help keep children safe online.

### Teachers and school staff

School staff play a key role in helping pupils learn to stay safe online.

### Children and young people

Games, quizzes, films and advice to help you get the most out of the internet while staying safe online.

**Online abuse or worrying contacts with a child can be reported at [ceop.police.uk](https://www.ceop.police.uk). The site also contains a range of information about keeping children safe online.**



# 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 with 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 child 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](mailto:connectforhealth@compass-uk.org)

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[www.compass-uk.org/services/c4h](http://www.compass-uk.org/services/c4h)

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