

HEALTHY TOGETHER NEWSLETTER

ISSUE 01



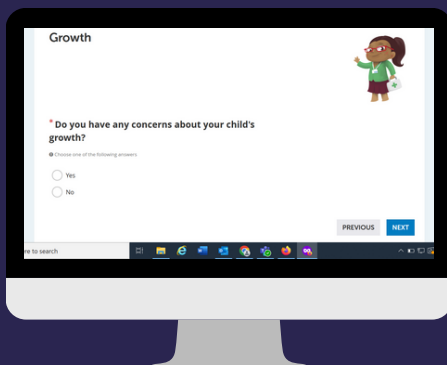
WELCOME TO YOUR LATEST HEALTHY TOGETHER NEWSLETTER

Hello and welcome to the fourth edition of your newsletter from Healthy Together. Each term you will receive this information leaflet designed for parents/carers and school staff.

In this update, you can find out about the Reception digital health contact launching after Easter, ways you can speak to a health professional and access our new school nursing video.

DIGITAL HEALTH CONTACT TO LAUNCH FOR PARENTS/CARERS OF CHILDREN IN RECEPTION

Following the Easter holidays, parents/carers of children in Reception will have access to a brand-new Digital Health Contact; an online questionnaire that covers various topics linked to your child's health and wellbeing.



The contact covers a variety of topics including:

- Growth
- Development
- Speech and language
- Toileting

On completing the contact, you will be presented with a personalised care plan full of advice and links to further support. You may also be contacted by the school nursing team for additional follow up support.

Be sure to look out for the letter from your child's school in the coming weeks which will include a QR code that you can scan to access the Reception Digital Health Contact.

IN THE SPOTLIGHT

DISCOVER MORE ABOUT HOW OUR FEELINGS MAKE UP OUR CHARACTER

To help children learn more about what makes them who they are, we have developed a series of animations linked to [building their character](#).

The animations introduce new characters as different feelings, and explores how these come together to form our character and who we are.

Alongside the introductory animation, there are also ones covering [friendship](#), [resilience](#) and [self-esteem](#)



[CLICK HERE TO VIEW THE 'BUILDING YOUR CHARACTER' ANIMATION](#)

CONTACT A SCHOOL NURSE BY TEXT MESSAGE

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 382



CONTACT A HEALTH PROFESSIONAL VIA THE HEALTHY TOGETHER HELPLINE

You can also call to speak to the Helpline's qualified health and administrative professionals who offer easy to access, safe and free advice, support and signposting.



CALL 0300 300 3001

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

VIEW NEW VIDEO EXPLORING SCHOOL NURSING SERVICE

We are delighted to share with you a brand-new introductory video to Healthy Together's school nursing service.



Featuring two members of the school nursing team, the video explores the different support available to you, how this support can be accessed and the additional services offered by the team during the school year.



[CLICK HERE TO WATCH OUR SCHOOL NURSING VIDEO](#)