

# 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 which school won our 2023 Move it Boom competition, ways you can speak to a health professional and access our new school nursing video.

## PROTECTING YOURSELF AND YOUR CHILD AGAINST MEASLES

Following an increase in the number of cases of measles in recent weeks, we have published new content on Health for Kids: Grownups outlining the importance of protecting yourself and your family.

In the content, you'll find lots of advice, including:

- Signs and symptoms of measles to look out for
- What to do if you think you or your child has measles
- How the MMR vaccine can protect you against measles



**CLICK HERE TO READ MORE ABOUT  
PROTECTING YOU AND YOUR CHILD  
AGAINST MEASLES**

## MOVE IT BOOM 2023 WINNERS ANNOUNCED

Following the conclusion of the physical activity competition in



December, we were delighted to announce

Stokes Wood Primary School as the winners of Move it Boom 2023.

Finishing top of the leaderboard in a competition where over 200 primary schools took part, huge congratulations go to all of their pupils and staff!

As a result of their win, the school were awarded prizes from LCFC in the Community and Megastrikers

## 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 0-19 in Leicester City, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

**07520 615 381**



ChatHealth

### 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](#)**