

The return to school for your children, is a key priority for us.

To help you, we have collected together these useful resources all focused on making sure the return to classrooms is as successful as possible. Please do have a look through them as there may be ideas/activities and suggestions of support that would be of benefit to your child.

Going back to school - Partnership for Children

You could work through this sheet with your children to explore the things they may be worried about when going back to school, and ways to calm those worries.

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Going%20back%20to%20school.pdf>

Tips for returning to school video – Nip in the Bud

In this short video, clinical psychologist Dr Jess Richardson shares straightforward suggestions for parents, carers and teachers to deal with any potential apprehension or anxiety children may experience on returning to school. There is also an accompanying fact sheet that is recommended to read.

<https://nipinthebud.org/>

Calm Zone

There are lots of ways to feel calmer, it is about finding what works for you. Try some of these breathing exercises, activities, games and videos to help you let go of stress.

<https://www.childline.org.uk/toolbox/calm-zone/>

Additional support for Parents

Concerned about a child or young person's thoughts, feelings or behaviour?

<https://www.nelft.nhs.uk/download.cfm?doc=docm93jjm4n5571.pdf&ver=8976>

Kent Children and Young People's Mental Health Service.

Kent CYPMHS provides emotional wellbeing and mental health advice and support for young people and their families across Kent

<https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health/>

Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&&gclid=EAlaIQobChMI-cH5oIfT7qIVAtPtCh1CWApEEAAYASAAEqJrM_D_BwE

Gov.UK

Mental health resources for parents and pupils – Issued February 2021

<https://dfemedia.blog.gov.uk/2021/02/01/mental-health-resources-for-children-parents-carers-and-school-staff/>

Stem4

A charity that promotes positive mental health in Teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

<https://stem4.org.uk/>

Kooth

Your online Mental Health Wellbeing Community. Free, Safe and anonymous support.

<https://www.kooth.com/>