

COMING BACK AFTER LOCKDOWN

Information to support mental health and wellbeing as pupils return to school.

Coming Back to School



The long period of lockdown due to the novel coronavirus has been difficult for all of us, not least our pupils. Although coming back to school signals hope for the future, it comes fraught with difficulties and anxieties.

This leaflet offers you some sources of information and guidance on how to support your pupils with their mental health and wellbeing, including the return for the majority of pupils and transitions. In addition, there are some sources of support for staff; if you're not looking after yourself, you can't look after your pupils.

This is by no means an exhaustive list. For further support, please speak to your Specialist Teaching Service teacher.

Supporting Pupils Returning to School

Curriculum ideas for returning to school:

<https://barrycarpentereducation.files.wordpress.com/2020/04/recovery-curriculum-loss-and-life-for-our-children-and-schools-post-pandemic.pdf>

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/>

From the NEU website:

<https://neu.org.uk/advice/coronavirus-what-you-need-know-child-mental-health-and-wellbeing-primary>

<https://neu.org.uk/advice/coronavirus-what-you-need-know-child-mental-health-and-wellbeing-secondary>

Websites with useful information:

<https://www.pookyknightsmith.com/> Videos and information about pupils' mental health

<https://www.relaxkids.com/> Resources for all areas of mental health needs

<https://youngminds.org.uk/> General advice and information and some areas specific to Coronavirus

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf> Lots of PDFs with ideas and resources

<https://www.annafreud.org/coronavirus-support/coronavirus/>

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-3/>



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Supporting Pupils at Transition

<https://www.schudio.tv/> Resources for supporting pupils with ASC including preparing for return to school. Free courses!

<https://www.reachoutasc.com/resources/transition-to-new-class>

<https://www.kidshealth.org.nz/resources-help-explain-coronavirus-covid-19-children>

<https://www.lgfl.net/covid19socialstories>



Looking After Yourself

From the NEU Website; <https://neu.org.uk/coronavirus-what-you-need-know-staff-mental-health-and-wellbeing>

From the Mind Website: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse842d2>

<https://www.educationsupport.org.uk/helping-you/coronavirus-supporting-education-staff>

<https://www.annafreud.org/coronavirus->

Your STS specialist has access to a lot more resources than can be referenced here. Just ask if you need more support.

Keep an eye out for our Strategies Help Sheet which your STS teacher can share with you!