

Havering CAMHS Back to School

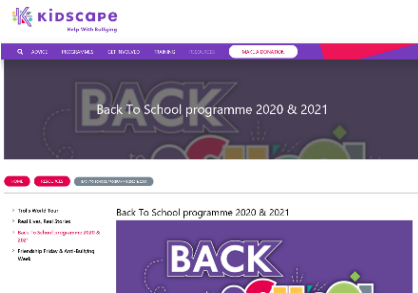


Resources for Children & Young People

Resource pack with links to useful information on supporting children and young people with returning to school, coping with change and looking after their emotional wellbeing. The resource pack includes 4 sections: information for children and young people, parents/carers and teachers.



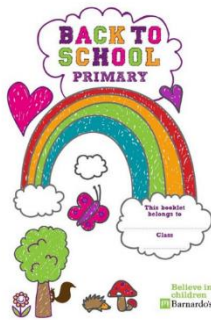
1. Kidscape Back to School Programme



Kidscape's '**Back To School**' programme will launch at the beginning of September and will help children to return to school feeling safe, confident and supported. The programme is for children aged 9-12 years old (Year 5 - Year 7) and will provide resources for both teachers and parents and carers, providing a weekly activity for children whether they are at home or at school.

<https://www.kidscape.org.uk/resources/back-to-school-programme-2020-2021/>

2. Barnardo's



A Barnardo's booklet with hints, tips & activities for your child to try so they move back into school life feeling confident and calm.

<https://www.justonenorfolk.nhs.uk/media/3594/barnardos-primary-back-to-school.pdf>

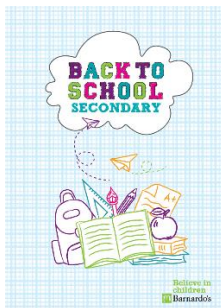
3. Mentally Healthy Schools (Anna Freud)

Mindfulness
calendar:
daily five-minute
activities

Two-week calendar with daily mindfulness activity suggestions. You can run these activities whenever you like. To help ground and relax children, it will take approximately five minutes and can be done at home or in school.

<https://mentallyhealthyschools.org.uk/media/2026/mindfulness-calendar-daily-5-minute-activities.pdf>

1. Barnardo's



A Barnardo's booklet with hints, tips & activities for young people try so they move back into school life feeling confident and calm.

<https://www.justonenorfolk.nhs.uk/media/3595/barnardos-secondary-back-to-school-booklet.pdf>

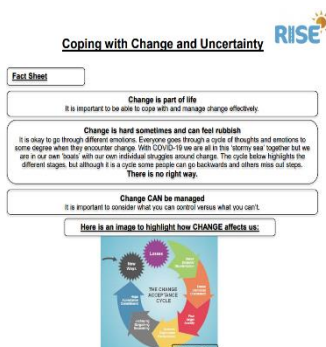
2. Young Minds



An advice booklet for young people, sharing tips on coping with school-related pressures.

<https://www.youngminds.org.uk/media/vxujuu4b/young-minds-coping-with-school.pdf>

3. Rise



Advice for children and young people on how to cope with change and uncertainty.

<https://cwrise.com/download.cfm?doc=docm93jjjm4n5433.pdf&ver=7429>

RESOURCES FOR PARENTS/CARERS

1. Nip in the Bud



Video of clinical psychologist Dr Jess Richardson sharing suggestions for parents and teachers to deal with any potential apprehension or anxiety children may experience on returning to school.

<https://nipinthebud.org/information-films/tips-for-returning-to-school/>

2. PACEY (Professional Association for Childcare and early years)



Guide for parents and carers with tips on helping children return back to school

<https://www.pacey.org.uk/Pacey/media/Website-files/school%20ready/12977-Pacey-Starting-School-Together-Booklet-A5.pdf>

3. Royal College of Occupational Therapist



Tips for parents who may feel concerned about their child returning to school, especially if they find change difficult to handle.

<https://www.autismhampshire.org.uk/assets/images/assets/uploads/Top tips for preparing your child for returning to school.pdf>

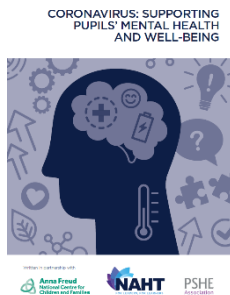
1. Mentally Healthy Schools



An e-learning resource for teachers introducing the topic of mental health, and the skills needed to recognise and respond to children and young people who are experiencing a mental health problem.

<https://mentallyhealthyschools.org.uk/resources/we-all-have-mental-health-e-learning-for-teachers/>

2. Anna Freud



Comprehensive guidance and support for schools on how to support the mental health of children and staff following the return to school, with links to many other useful resources.

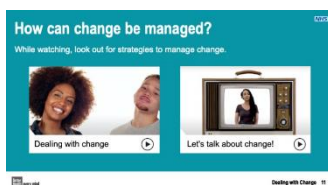
<https://www.annafreud.org/media/12070/coronavirus-wellbeing-final.pdf>



Animation aimed at supporting pupils who have recently started Year 7 or who will be preparing to transition to secondary school later in the year.

<https://www.annafreud.org/schools-and-colleges/resources/moving-up-the-transition-to-secondary-school-animation-teacher-toolkit/>

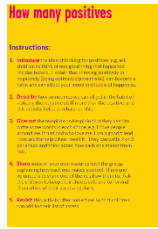
3. Every Mind Matters



Developed with teachers, this lesson plan, PowerPoint and accompanying videos help you explore with your class the expected and unexpected changes people may face in their lives, and help students identify strategies for managing change.

<https://campaignresources.phe.gov.uk/schools/resources/dealing-with-change-lesson-plan-pack>

4. Young Minds



Wellbeing resources for schools with activities to help build a culture of positivity, pupils to recognise their strengths, a beginner's guide for a mental health conversation and much more.

<https://www.youngminds.org.uk/professional/resources/building-positive-mental-health-in-schools/>