



WELCOME BACK TO SCHOOL

WELLBEING SUPPORT

September 2020



pulling together | achieving more

PORTSMOUTH
EDUCATION
PARTNERSHIP

A guide to local and national support, including resources that can be used in school, for pupils, parents and staff.

We know that the return to school is likely to be challenging for all involved and that many of you will need support and guidance. We understand that during the lockdown period, children and their families may have had to deal with illness, bereavement, changes in employment, financial difficulties and housing issues.

When coming out of social distancing and isolation, children and young people and their families may need help to manage mental health, self-esteem, friendships and relationships.

The Portsmouth Education Partnership has produced this wellbeing package of support (adapted from a guide produced by Medway Child Health Team), to offer you some guidance and provide you with some useful resources and signpost you to local and national services.

Schools will follow their safeguarding procedures and policies when they are concerned about the safety of a child or young person and anyone can contact PCC's Multi Agency Safeguarding Team on **023 9268 8793** or **pccraduty@portsmouthcc.gcsx.gov.uk**

This guide contains links to key services and some resources. Further services and resources can be found at:

www.portsmoutheducationpartnership.co.uk

www.portsmouthlocaloffer.org

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A young boy with dark hair, wearing a white school shirt, is smiling and looking off to the side. The background is a blurred classroom setting. The entire image has a purple overlay.

Returning to 'Normal' Life

For many children, young people and staff returning to school may be a relief and may even feel exciting. However, school is not going to be the same and this will take some adjusting to for everyone.

Some children and young people may feel anxious about the new normal and learning and following the new rules. They may have felt safe staying at home and now need to know that they are safe in school as they reconnect with their teachers, friends and class mates and settle into new routines.

We have a wide range of responses, with some families finding their time together enriching, having time that they wouldn't ordinarily have had with a new pace to life. For others it has been a stressful time managing illness, bereavement, changes in employment, financial difficulties, relationship difficulties, and much more.

Schools know their pupils well and are aware of those who are most vulnerable. We cannot completely protect our children from the difficult things in life but we can help them to cope, adjust and adapt.

We can help them accept the difficult things and to express their feelings and emotions safely. We can build on their strengths, develop resilience, support them to enjoy the present and have hope for the future.

Some children, including those with special educational needs or underlying health conditions may require additional support in returning to school or adjusting to new routines. Schools should work with the child and their family to create an individual "welcome back plan" to meet their specific needs and address any concerns.

Local Support and Contacts

Portsmouth City Council - Welcome Back - returning to school and early years settings
www.portsmouth.gov.uk/welcomeback

Educational Psychology Team
educationalpsychologyservice@portsmouthcc.gov.uk

Special Education Needs and Disability Team
education.sen.team@portsmouthcc.gov.uk

Inclusion Outreach Service
outreach@secure.portsmouthcc.gov.uk
023 9260 6060

School Nursing Service
snhs.portsmouthschoolnursingservice@nhs.net
030 0123 6629
PULSE text messaging service 07491 163276
(Monday – Friday 9-4pm)

Early Help and Prevention Service
www.portsmouth.gov.uk/ext/health-and-care/children-and-families/early-help-and-prevention-service-for-professionals

The Virtual School for Looked After Children
Virtualschoolforlookedafterchildren@portsmouthcc.gov.uk

Ethnic Minority Achievement Service
General.emas@portsmouthcc.gov.uk

Vision and Hearing Team
Amanda Richards, Vision and Hearing Team Leader
Amanda.richards@portsmouthcc.gov.uk

Early Years
eydelivery@portsmouthcc.gov.uk

Solent NHS Trust - local services
what0-18.nhs.uk/solent

The MICE Hub (Mental Health in Childhood and Education)
micehub.port.ac.uk

National Support

Family Lives
Supporting your child at school
www.familylives.org.uk/advice/primary/learning-school/supporting-your-child-at-school/

Department for Education
Teaching about mental wellbeing
www.gov.uk/guidance/teaching-about-mental-wellbeing

Action for Healthy Kids
Reducing screen time at home and school
www.actionforhealthykids.org/activity/limit-screen-time/

Healthier Together
This resource covers health advice on a wide range of topics including Mental Health and Wellbeing and "Should my child go to school/nursery today?"
what0-18.nhs.uk/

Resources

These resources are suitable for all ages unless otherwise stated.

- [10 Tips for school leaders and senior staff on supporting mental health and wellbeing](#)¹
- [Managing the transition back to school: a Guide for schools and colleges](#)² (Anna Freud Centre)
- [Supporting a child returning to school after lockdown](#).³ Advice for parents (Young Minds)
- [What to look out for in your pupils](#).⁴ School Resource (Young Minds)
- [Preparing your child for the First Day Back in School](#)⁵ (aimed at parents but useful for staff)
- [Sharing good practice and looking to the future](#)⁶ (Anna Freud Centre)
- [Next Steps: embracing change and transition in uncertain times](#).⁷ PSHE Association Home Learning Resources (KS1-4)
- [5 tips to help children return to school](#)⁸ (Medway Child Health Team)

Recommended books for primary schools

- [Looking For Yesterday](#)⁹
- [Why Do I Feel Like This?](#)¹⁰
- [Grow Your Mind - Don't Panic](#)¹¹
- [Take Five](#)¹²
- [Keep Calm!](#)¹³
- [The Mindful Kids Series](#)¹⁴

Recommended books for secondary schools

(These titles cover all areas of this document)

- [Positively Teenage](#)¹⁵
- [My Anxious Mind](#)¹⁶
- [You are Awesome](#)¹⁷
- [Outsmarting Worry](#)¹⁸
- [Self Esteem and Being You](#)¹⁹
- [Mind Your Head](#)²⁰
- [What is Mental Health?](#)²¹
- [Dr Christian's Guide To You](#)²²

These books are available on loan from Portsmouth's School Library Service (SLS). Please contact the SLS on school.library@portsmouthcc.gov.uk to order these books or for other recommendations to meet the needs of individuals or groups of children in your school.





Stress and Anxiety

Following this long period of disruption, some children and young people may have increased stress or anxiety and for some it may have exacerbated or triggered anxieties they were already struggling with.

However, all children and young people are different, so they will react differently. How a child reacts can vary according to age, level of understanding and previous experiences.

Reactions may include worrying and experiencing negative thoughts, negative behaviour and angry outbursts. It could include crying, becoming introvert or could present in physical symptoms, such as headache and stomach aches.

The reactions to the pandemic will fade over time for most children and young people, though they could return if they see or hear reminders of what happened.

Protecting children's mental health is vitally important to ensure future mental wellbeing and resilience. It's also vitally important that we take care of our own mental health while looking out for our children and young people.

A degree of anxiety is a normal response to a pandemic, it can help remind us all to keep safe by maintaining social distancing and practising good hand hygiene.

If stress and anxiety are having a significant impact on day to day life then use this guide to help get advice or support.

Local Support

Mental Health Support Teams

Contact the team via email for a consultation prior to completing a referral

MHSTCamhsPortsmouth@solent.nhs.uk

U Matter Counselling Support 11-18 year olds

Contact: 02392 827026,
relate@relateportsmouth.org.uk

Child and Adolescent Mental Health Service (CAMHS) – up to 18 years old

The CAMHS Single Point of Access offers consultation and advice for professionals, parents and young people.

Monday to Friday 9am – 5 pm
030 0123 6632

Talking Change – 16+

Contact: **030 0123 3934**
www.talkingchange.nhs.uk

Positive Minds – 18+

Positive Minds can help with worries about anything, such as relationships, money, work, low mood or anxiety.

www.positivemindsportsmouth.org.uk

National Support

Action for Children: BLUES Programme

Over six weeks in schools, the Blues Programme gives students the support they need to understand how they're feeling. It helps them to build resilience and reduces low mood, depression and anxiety. Really importantly, it gets teenagers talking.

www.actionforchildren.org.uk/what-we-do/children-young-people/blues-programme/

Young Minds

Support for young people who may be struggling with their mental health following the pandemic.

youngminds.org.uk

Togetherall

Offers 1-1 online therapy with registered & accredited counsellors and CBT therapists as well as an anonymous & stigma-free support network all for people aged 16+.

<https://togetherall.com/en-gb/>

Anna Freud Centre

The Anna Freud Centre aims to support all settings to have a whole-school or college approach to mental health and wellbeing. Supporting young people's mental health during periods of disruption.

www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus

Resources

These resources are suitable for all ages unless otherwise stated.

- [Helping children and young people to manage anxiety](#)²³ A practical guide to supporting pupils and students during periods of anxiety (Anna Freud Centre)
- [The anxious child booklet](#)²⁴ a booklet for parents and carers wanting to know more about anxiety in children and young people (Mental Health Foundation)
- [Balancing Act](#)²⁵ an activity for staff and children (Young Minds)
- [How Many Positives](#)²⁶ This activity from Young Minds can be done with any age group. It is best done in small groups or 1 to 1 sessions.
- [Stress Bucket activity](#)²⁷ (Healthy Young Minds in Herts)
- [Relaxation techniques](#)²⁸
- [Fear in a hat exercise](#)²⁹

The links below, from PositivePsychology.com, are aimed at adults but the activities and questions will be helpful in work with children and young people

- [Getting rid of ANTs: Automatic Negative Thoughts](#)³⁰
- [Challenging Different Types of Automatic Thoughts](#)³¹
- [Positive Replacement Thoughts](#)³²
- [Questions for Challenging Unwanted or Unhelpful Thoughts](#)³³

Recommended books for primary schools

- [The Great Big Book of Feelings](#)³⁴
- [Me and my Fear](#)³⁵
- [What's in your Mind Today?](#)³⁶
- [Ruby's Worry!](#)³⁷
- [The Huge Bag of Worries](#)³⁸



Financial Hardship

For some families, Covid-19 has brought financial hardship. Some will be facing uncertainty about their work, others have lost their jobs, face redundancies, unpaid bills, and debt and may have a housing crisis.

For some families Covid-19 will have worsened their financial hardship and now there are those who are new to this as Covid-19 impacts on the economy.

The impact of debt and financial worries on children can be both direct and indirect. Families living with debt are more than twice as likely to argue about money problems. Relationships can be put under strain as families struggle to find a way through financial hardship.

Local Support and Contacts

HIVE Portsmouth

The HIVE connects people and organisations and will be able to help you find the right local support.

www.hiveportsmouth.org.uk/covid-19

Advice Portsmouth

For advice on welfare benefits, debt, housing, consumer and general family issues.

Call or text: **07789 550593**

Advice.portsmouth@theyoutrust.org.uk

Facebook: facebook.com/adviceportsmouth

Family Information Service

www.portsmouth.gov.uk/ext/health-and-care/children-and-families/family-information

Housing Options

The Housing Needs Advice and Support Team offer advice and support if you are homeless or are worried about becoming homeless

Tel: **023 9283 4989**

Email: housing.options@portsmouthcc.gov.uk

Citizens Advice Portsmouth

www.caportsmouth.org.uk

023 9400 6600 (local call cost)

Portsmouth Foodbank

The foodbank works using a voucher referral system. In order to get help from our foodbank, you will need a voucher issued by local agencies.

www.portsmouth.foodbank.org.uk

National Support

GOV.UK

All information around benefits, financial support etc. can be found on gov.uk.

www.gov.uk/universal-credit/other-financial-support

REMPLOY

A free service which offers support to employees who are struggling with issues at work such as depression, anxiety, stress or other mental health issues affecting their work. Employees can self-refer for support and they can support for up to 9 months.

www.remploy.co.uk/employers/mental-health-and-wellbeing/workplace-mental-health-support-service-employers

Gingerbread

Support for single parents

www.gingerbread.org.uk/policy-campaigns/covid-19-briefing

Childline

[Money Issues](#)³⁹

[Embarrassment](#)⁴⁰

Shelter

[Housing Advice](#)⁴¹

Resources

These resources are suitable for all ages unless otherwise stated.

Free school meals

If circumstances have changed whereby you are now in receipt of certain benefits, you may be entitled to free school meals. [Apply for free school meals online](#)⁴²

Online benefit calculator

A list of independent benefits calculator websites, which are anonymous and free to use, to find out what you might be entitled to.

[Online benefit calculator](#)⁴³

HIVE directory

Money Matters - links to advice and Support Groups in relation to money advice, benefits and welfare, debt advice and fuel poverty.

hiveportsmouth.org.uk/hive-directory/search/118

Able Futures

Mental Health Support funded by the Department for Work and Pensions.

able-futures.co.uk/mental-health-support-for-individuals/

Recommended books for Primary Schools

- [It's a No-Money Day](#)⁴⁴
- [Tufty](#)⁴⁵
- [My Name is Bob](#)⁴⁶
- [Spending Money](#)⁴⁷





Domestic Abuse

Domestic abuse affects the whole family. Children and young people affected by domestic abuse need support to process their experiences, and to develop an understanding of healthy relationships.

Families living with domestic abuse will have been greatly affected by the social isolation rules, with perpetrators using lockdown as a tool of coercive and controlling behaviour.

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour, and this can last into adulthood. It is important to make sure the abuse stops and that children have a safe and stable environment to grow up in.

Schools have an essential role in educating children about domestic abuse and healthy relationships.

Local Support

Portsmouth Abuse and Rape Counselling Service (PARCS)

provides free counselling and support for anyone living in Portsmouth and South East Hampshire who has experienced rape, childhood sexual abuse or other form of sexual violation any time in their lives.

PARCS also offers specialist counselling for all genders, aged 18 and over who are experiencing, or have experienced, domestic abuse. Email admin@parcs.org.uk or phone **023 9266 9513** during office hours. Helplines operate Monday 1-3pm, Wednesday and Friday 7-10pm, supported by 24-hour answerphones.

Women - 023 9266 9511

Men - 023 9266 9516

Stop Domestic Abuse (formerly Southern Domestic Abuse Service)

If you're experiencing domestic abuse and need support, please get in touch with Stop Domestic Abuse on **023 9206 5494**.

Safer Portsmouth Partnership
[www.saferportsmouth.org.uk/
domestic-abuse](http://www.saferportsmouth.org.uk/domestic-abuse)

Victim Support

www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-east/hampshire-and-isle-wight

National Support

Anna Freud

www.mentallyhealthyschools.org.uk/risks-and-protective-factors/family-violence

Women's Aid

www.womensaid.org.uk

The Hide Out

thehideout.org.uk

Respect

Offers information, advice and support to perpetrators of abuse.
respectphoneline.org.uk

Resources

These resources are suitable for all ages unless otherwise stated.

- [Domestic Abuse During Coronavirus](#)⁴⁸
One minute guide for professionals
- [PSHE Association Materials Supporting the Disrespect NoBody Campaign](#)⁴⁹
Lesson plans and activities for all key stages
- [Disrespect Nobody Resources](#)⁵⁰
- [The Expect Respect Toolkit](#)⁵¹
This Toolkit (Women's Aid) consists of one easy to use 'Core' lesson for each year group from reception to year 13 and is based on themes that have been found to be effective in tackling domestic abuse

- [Teen Abuse Toolkit](#)⁵²
A toolkit for addressing Teenage Relationship Abuse in Key Stages 3, 4 and 5

Recommended books for Primary Schools

- [Little mouse finds a safe place](#)⁵³
- [How are you feeling today baby bear?](#)⁵⁴
- [At the End of Holyrood Lane](#)⁵⁵



A young boy and girl are looking at a tablet together. The boy is on the left, pointing at the screen, and the girl is on the right, looking at the screen. They are both wearing white shirts. The background is a blurred classroom setting.

Relationship Breakdowns

Every child and young person's experience of the breakdown of their family unit will be different. The loss of the family structure can often cause intense emotional distress.

In the early days, children and young people can respond in a number of ways, including denial, disbelief, dissociation, hyperactivity, irritability and protest, alarm and panic.

After the initial shock, children may experience grief and display behaviours and emotions that

indicate sadness and depression, anger and hostility, anxiety, guilt, shame and despair. Even if children feel relieved at a family break up where violence is a significant factor, most children will still feel some loss and grief.

Over time children and young people can learn to cope with the change, and there are lots of ways to help them navigate the changes and the emotions they will experience.

Local Support and Contacts

Early Help and Prevention Service

www.portsmouth.gov.uk/ext/health-and-care/children-and-families/early-help-and-prevention-service

Society of St James Family Support Project

The Family Support Project is run by The Society of St James and offers support for families affected by alcohol
ssj.org.uk/sub-service/family-support-project/

HIVE directory

Advice and support for families / Relationship Breakdown
hiveportsmouth.org.uk/hive-directory/search/132

Relate – Portsmouth

www.relate.org.uk/hampshire-and-isle-wight/portsmouth-relate

Family Information Service

www.portsmouth.gov.uk/ext/health-and-care/children-and-families/family-information

National Support

Family Action

The Family Support Services offer a whole family approach. They are professional, home-based services designed to meet the needs of families with multiple, complex needs.

www.family-action.org.uk/what-we-do/early-years/familysupport/

NSPCC

[Keeping your child safe during separation](http://www.nspcc.org.uk/keeping-your-child-safe-during-separation)⁵⁶

Young Minds

[Supporting your child through separation](http://www.youngminds.org.uk/supporting-your-child-through-separation)⁵⁷
[Starting a conversation with your child](http://www.youngminds.org.uk/starting-a-conversation-with-your-child)⁵⁸

Action for Children

Free advice and guidance for parents, including online chat service.

[Parenting Support](http://www.actionforchildren.org.uk/parenting-support)⁵⁹

Resources

These resources are suitable for all ages unless otherwise stated.

- [Parents' guide to divorce and separation](#)⁶⁰ (Young Minds)
- [NSPCC – Making sense of relationships](#)⁶¹
Teaching resources and lesson plans KS2-4
- [My parents are separating worksheet](#)⁶²
- [Memory/keepsake box for absent parent](#)⁶³
- [Divorce discussion cards](#)⁶⁴

Recommended books for Primary Schools

- [The Colour Thief](#)⁶⁵
- [When my Parents Forgot How To Be Friends](#)⁶⁶
- [Living with Mum, Living with Dad](#)⁶⁷
- [Mum and Dad Glue](#)⁶⁸



Bereavement

A child's understanding of death will depend on many things, including their age, stage of development, family background, personality and previous experience of death. Children don't develop at the same rate – they're all individuals. An important thing to understand is that children will revisit their grief as they get older and as their thinking skills develop.

There has been an added complication to grief during this period where families have not been able to visit and comfort one another or to attend funerals. Families should be encouraged to communicate with schools when there has been a bereavement in the family and to share with a key member of staff how this has been managed at home.

Some children and young people will want to talk with a member of staff in school and to be

accessible in this way can provide enormous support. It is important to take our cues from the child or young person and for them to know there is no one right reaction. Some children will prefer not to talk but this doesn't mean they are not thinking or troubled by what has happened. Grief counselling can come at a later date if needed.

There is also daily talk of death in the news so that those who have not experienced bereavement will also have questions. Answer these questions in an age appropriate way.

The idea of supporting bereaved children and answering their questions can be daunting but they will feel safe asking a trusted adult. There are some great resources and there is support for the adults as well.

Local Support and Contacts

Simon Says

Advice, training and support for schools.

Support for children and young people up to the age of 18 who have a significant person in their life who has died or is dying.

Phone: **023 8064 7550**

www.simonsays.org.uk

Inclusion Outreach Service

Support and advice for school staff working with children who have suffered loss and bereavement is now part of the outreach offer.

Contact Lucy Lynch, Loss Champion, on **07901 908901** or via llynch@craneswater.portsmouth.sch.uk

Educational Psychology Team

The Educational Psychologists are available to support all schools in a crisis situation, such as the death of a child or a member of staff. As part of their traded offer they also provide ELSA supervision and support and training for staff.

educationalpsychologyservice@portsmouthcc.gov.uk

School Nursing Service

The School Nursing Service has trained a Loss and Bereavement Champion who supports the team to work with children and their families following the loss of a loved one.

This can be accessed via your named school nurse.

snhs.portsmouthsnsduty@nhs.net

National Support

Child Bereavement UK

Our helpline continues to operate as normal, providing confidential support, information and guidance to families and professionals. Our Helpline team is available to take calls and respond to emails and Live Chat 9am-5pm Monday-Friday (except Bank Holidays):

080 0028 8840

support@childbereavementuk.org

Childhood Bereavement Network

020 7843 6309 – A network of child bereavement services

Young Minds
[Grief and Loss](https://www.youngminds.org.uk/grief-and-loss)⁶⁹

Winston's Wish Freephone

Tel: **080 8802 0021** – National Helpline offering guidance, information and support to anyone caring for a bereaved child, including professionals and family members.

www.winstonswish.org/supporting-you/support-for-schools/

Sue Ryder

Advice and resources on how to provide the best support to someone you know who is bereaved, and information and guidance for people who are struggling with their own grief.

www.sueryder.org/coping-with-grief-and-bereavement

Resources

These resources are suitable for all ages unless otherwise stated.

Resources from [Simon Says](#):

- www.simonsays.org.uk/information-for-schools-may-20/ - Primary School Bereavement Support Guide, lesson plans and resources for EYFS - KS4, bereavement policy and guidelines for schools

Resources from Child Bereavement UK:

- [Supporting a bereaved pupil](#)⁷⁰ a training tool for staff in schools
- [Supporting bereaved children through challenging times](#)⁷¹

- [Children's understanding of death at different ages](#)⁷²
- [How children and young people grieve](#)⁷³
- [What helps grieving children and young people](#)⁷⁴
- [Supporting bereaved children under 5 years of age](#)⁷⁵
- [Supporting SEND Children and Young People](#)⁷⁶
- [Supporting bereaved children and young people with ASD](#)⁷⁷
- [Building resilience in bereaved children](#)⁷⁸
- [When a grandparent dies](#)⁷⁹

Resources from Winston's Wish:

- [Online bereavement training for schools](#)⁸⁰
Free online training aimed at both primary and secondary school
- [Helping a bereaved child or young person to return to school](#)⁸¹
- [Bereavement Charter](#)⁸²
- [Thunks on Death](#)⁸³
A resource to open up thinking and discussion around the topics of death, grief and bereavement.

Resources from Barnardos:

- [How to explain death to children and young people and help them cope!](#)⁸⁴

Recommended books for Primary Schools

- [If all the world were...](#)⁸⁵
- [Coping with Death and Grief](#)⁸⁶
- [Goodbye Grandma](#)⁸⁷
- [Muddles, Puddles and Sunshine \(activity book to help when someone has died\)](#)⁸⁸
- [Letting Go](#)⁸⁹

Healthy Lifestyle

Food, nutrition and weight gain

Good nutrition is crucial for health, particularly when the immune system might need to fight back. Feeling good comes from eating a healthy balanced diet.

When we don't have enough nutrient rich foods, it can affect energy, mood and brain function. This can cause us to feel lethargic, depressed and irritable.

Children and families will have had different experiences with food during the Covid-19 pandemic. Poor availability of food in the household due to lack of funds to purchase food, or being unable to shop because families have had to self-isolate; may have resulted in children skipping meals or consuming less food to make it last longer, or relying on processed foods higher in fat, sugar and salt.

Families' circumstances may have changed during the lockdown, with an increase in families now accessing Universal Credit and/or other benefits. Schools may have children returning who are now eligible for Free School Meals and may need support to ensure they have access to a school meal.

Overweight and Obesity is well documented as a complex condition. Obesity in children

causes several physical and emotional health complications which include, amongst others, sleep apnoea, asthma, musculoskeletal problems, T2 Diabetes, chronic inflammation, gallstones, exercise intolerance, poor self-esteem and depression.

Children and families will have had different experiences in relation to availability and access to food, some may have had to ration food or had to rely on high sugar, high fat convenience foods, while others may have undertaken more home baking, or eaten because of boredom and consumed more calories than they would normally have done. In addition, the reduced levels of physical activity and the possibility of increased levels of anxiety may all have resulted in increased consumption of food and thus weight gain for our children.

This could increase anxiety for our children further as they return to school, from the practicalities of fitting into uniforms, to embarrassment that they have gained weight, to the possibility of adverse comments from others. All of which will have a further impact on their self-esteem and self-confidence.

Local Support and Contacts

School Nursing

Tel: **0300 123 6629**

[snhs.
portsmouthschoolnursingservice@
nhs.net](mailto:snhs.portsmouthschoolnursingservice@nhs.net)

Free School Meals

[www.portsmouth.gov.uk/
applyforfreeschoolmeals](http://www.portsmouth.gov.uk/applyforfreeschoolmeals)

Portsmouth Foodbank

The foodbank works using a voucher referral system. In order to get help from our foodbank, you will need a voucher issued by local agencies. [www.portsmouth.
foodbank.org.uk](http://www.portsmouth.foodbank.org.uk)

National Support

Applying for Free School Meals

[www.gov.uk/apply-free-school-
meals](http://www.gov.uk/apply-free-school-meals)

NHS Live Well

www.nhs.uk/live-well

NHS Eat Well Guide

[www.nhs.uk/live-well/eat-well/
the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide)

Change 4 Life

[www.nhs.uk/change4life/about-
change4life](http://www.nhs.uk/change4life/about-change4life)

The Trussel Trust

www.trusselltrust.org

Cool Milk

www.coolmilk.com

NHS Fruit and Veg Scheme

[www.nhs.uk/live-well/eat-well/
school-fruit-and-vegetable-
scheme](http://www.nhs.uk/live-well/eat-well/school-fruit-and-vegetable-scheme)

Resources

These resources are suitable for all ages unless otherwise stated.

- [Food and Weight - children and young people](#)⁹⁰ advice for parents on giving children a varied diet
- [Teen Breakfast Ideas](#)⁹¹
- [Change 4 Life resources](#)⁹² (general resources for parents)
- [Change 4 Life School Zone](#)⁹³ (school resources)

[Teaching About Body Image](#)⁹⁴

(PSHE Association) Guidance for teachers

- [Body Image in a Digital World](#)⁹⁵ (PHE) lesson plans and resources upper KS2- KS4

Recommended books for Primary Schools

- [There's Broccoli in my Ice Cream](#)⁹⁶
- [My Top to Bottom Body book](#)⁹⁷
- [Healthy Eating](#)⁹⁸
- [Burger Boy](#)⁹⁹
- [The Human Body is Awesome!](#)¹⁰⁰
- [Don't Call Me Fat! \(a first look at obesity\)](#)¹⁰¹
- [What You Need to Know About Obesity](#)¹⁰²

Healthy Lifestyle

Physical activity and oral Health

Children and families will have had very different experiences regarding levels of physical activity during the Covid-19 pandemic and subsequent lockdown. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. The ability to be active throughout the day will have been drastically reduced and sedentary behaviours increased as a result.

Some families may not have undertaken any form of outside activity over the past months, while others may have been persuaded to go for a walk to the park. The absence of a garden space or opportunity for interesting activity of any type, in addition to difficulties that parents may have experienced in persuasive methods, may also have hindered children's ability to be active.

Sedentary behaviour is not simply the absence of moderate or vigorous physical activity. It includes behaviours such as watching

television, reading, and working with a computer, sitting while playing video games, or travelling in a motor vehicle.

For young people, evidence suggests that higher levels of sedentary behaviour are associated with poorer physical and mental health.

Oral health is an important part of every child's wellbeing. It impacts on children's ability to eat, to sleep, to spend time with friends and family with confidence and to concentrate at school.

Children may have experienced pain due to tooth decay during the Covid-19 pandemic or they may have changed their eating habits which can cause early signs of decay.

Many children may have increased their snacking during the lockdown period meaning teeth being more exposed to sugar acid. Small changes to snacking habits and a good tooth brushing routine can support good oral health.

Local Support

Getting Active in Portsmouth
www.portsmouth.gov.uk/ext/health-and-care/health/getting-active

Dental Health
www.portsmouth.gov.uk/ext/health-and-care/health/teeth-dental

Portsmouth School Sports Partnership
portsmouthssp.weebly.com

Pompey in the Community
pompeyitc.co.uk

National Support

Finding a dentist
www.nhs.uk/service-search/find-a-dentist

NHS – Taking care of children's teeth
www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth

Dental Health
www.dentalhealth.org/childrens-teeth

Change 4 Life
www.nhs.uk/change4life/about-change4life

Change 4 Life School Zone
campaignresources.phe.gov.uk/resources/campaigns/40-school-zone/Change4Life

This Girl Can
www.thisgirlcan.co.uk/

Resources

These resources are suitable for all ages unless otherwise stated.

- [Physical Activity guidelines for children and young people 5 – 18 years](#)¹⁰³
- [Physical Activity guidelines for children \(under 5\)](#)¹⁰⁴
- [Be Active](#)¹⁰⁵
KS2 teaching resource
- [Top Tips for Teeth](#)¹⁰⁶

Recommended books for primary schools

- [Do I have to go to the Dentist \(a first look at healthy teeth\)](#)¹⁰⁷
- [Wash, Scrub, Brush! A book about keeping clean](#)¹⁰⁸
- [My top to bottom Body book](#)¹⁰⁹



Support for Post 16

While being in lockdown will have had different effects on people of all ages, older teenagers have had unique challenges. They have had an abrupt end to their academic year and no one could have predicted that GCSE and A levels exams would not happen.

Some young people were really upset not to be taking the exams that they worked so hard for. They have also had to manage the uncertainty and confusion around exams results and how this might affect their future. Y11 and Y13 are always important transition years and whilst schools and colleges are doing their best to support their students, many young people will be feeling a significant impact from the circumstances.

These young people missed out on timely celebrations, transition and social events that marked the ending of a stage in education and a new beginning. Y10 and Y12 students worked on exam courses remotely and had limited face to face contact with their teachers.

Whilst there has been some innovative teaching and learning happening remotely, there is no substitute for social contact that school and college provides. Social media has its limitations and challenges for maintaining all important friendships and relationships.

Just like everyone, emotional well-being and mental health will be affected by the stress of lockdown on their family circumstances, changes in routine, sleep, exercise and food patterns, and much more.

Local Support and Contacts

Flying Start Portsmouth

www.sunoutreach.org/resource-category/flying-start-portsmouth

Careers and Progression Team

Careers and Progression Advisers work with young people who are NEET (not in education, employment or training) or vulnerable to becoming NEET, to help them re-engage and progress in further education

careersteam@portsmouthcc.gov.uk

Solent Sexual health Services

0300 300 2016

www.letstalkaboutit.nhs.uk

Post 16 Provision

portsmoutheducationpartnership.co.uk/services/post-16-education/#sub_section_528

Apprenticeships

portsmoutheducationpartnership.co.uk/services/post-16-education/#sub_section_534

Higher Education

portsmoutheducationpartnership.co.uk/services/post-16-education/#sub_section_537

Resources

These resources are all suitable for key stage 4 and post 16

- [Right Here Guide: How to provide youth friendly Wellbeing support for 16-25's](#)¹¹⁰
- [Heads Up: A toolkit to promote mental wellbeing sessions](#)¹¹¹
- [Student Minds Resources](#)¹¹²
- [How to cope with student life](#)¹¹³ (MIND)

National Support

Career Pilot

Next steps and career options.

www.careerpilot.org.uk/information/your-choices-at-16/help-with-choosing-your-post-16-options

Financial Support

www.gov.uk/guidance/16-to-19-education-financial-support-for-students

Sexplain

RSE for 16+

sexplain.org.uk/teachable-moments

The Mix

Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs

www.themix.org.uk

Young Peoples Support Online

A huge list of helplines and websites where young people can get information, advice and support on a number of things, including eating disorders, abuse, sexuality, drugs, self-harm, bullying and bereavement.

www.supportline.org.uk/problems/children-and-young-people-support

Brook - Sexual Health

Free sexual health information and advice

www.brook.org.uk

Young Minds

youngminds.org.uk

A smiling teacher with dark hair and bangs, wearing a dark top, is pointing her right index finger towards a whiteboard. The whiteboard is filled with mathematical equations and diagrams. In the foreground, the back of a student's head and shoulders are visible, looking towards the teacher. The entire image has a teal overlay.

Staff Wellbeing

Everyone has had to face personal and professional challenges that have come with the lockdown and these will continue. It is important that as we return to the workplace that we continue to support the emotional wellbeing of ourselves and our colleagues.

As with the children and young people, the adults will return with a mix of emotions and will also have to adapt to new ways of working. Communication is vital and so regular briefings and updates need to be shared with all staff.

As someone working in a school or college you are an important resource – you are more important than all the books, websites, resources, etc. that are listed here. Take time to reflect on this and value who you are and what you can give.

Checking in with each other as colleagues, little and often is part of belonging to a caring community as is valuing and appreciating everyone's contribution.

Take time to care for yourself and your colleagues and model some of the things we are providing for our children and young people.

Local Support

Portsmouth Wellbeing Service

Portsmouth Wellbeing Service supports Portsmouth residents to quit smoking, drink less alcohol and achieve a healthy weight through eating well and moving more.

www.portsmouth.gov.uk/ext/health-and-care/health/portsmouth-wellbeing-service

Tel: **023 9229 4001**

Email: wellbeing@portsmouthcc.gov.uk.

Employee Assistance Programme

24/7 Freephone 0800 1116 387

This can be used by all staff in subscribing schools to contact the provider (Vita Health Group) direct, and in confidence, for access to immediate emotional support, debt management services and general advice and information. (Schools and MATs may subscribe to a different EAP)

Talking Change – 16+

If you're struggling with low mood or anxiety, or with a physical condition such as chronic pain or fatigue, we provide talking therapies to help you cope and feel better.

Contact: **0300 123 39 34**

www.talkingchange.nhs.uk

Positive Minds – 18+

Positive Minds can help with worried about anything, such as relationships, money, work, low mood or anxiety.

www.positivemindsportsmouth.org.uk

National Support

Young Minds

[Caring for the wellbeing of school staff](#)¹¹⁴

Public Health England

[Employers Mental Health Toolkit](#)¹¹⁵

Mentally Healthy Schools

[Supporting a member of staff with mental health difficulties](#)¹¹⁶

Mental Health at Work

A toolkit for primary school staff
www.mentalhealthatwork.org.uk/toolkit/supporting-staff-wellbeing-in-primary-schools

Resources

These resources are all suitable for staff

- [Anna Freud supporting school staff wellbeing](#)¹¹⁷
- [Looking after each other & ourselves.](#)¹¹⁸ A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption (Anna Freud Centre)
- [Things we can do to look after our own mental health](#)¹¹⁹
- [10 steps towards staff wellbeing](#)¹²⁰
- [Getting rid of ANTs: Automatic Negative Thoughts](#)¹²¹
- [Challenging Different Types of Automatic Thoughts](#)¹²²
- [Positive Replacement Thoughts](#)¹²³
- [Questions for Challenging Unwanted or Unhelpful Thoughts](#)¹²⁴

- [Supporting school staff](#)¹²⁵
- [Staff Mental Health in Education](#)¹²⁶
- [Running a staff session on mental health](#)¹²⁷
- [Helping Staff Cope with Trauma](#)¹²⁸

Recommended books

- [The Wellbeing Toolkit: Sustaining, supporting and enabling school staff](#)
[Paperback](#)¹²⁹
- [The Elephant in the Staffroom](#)
[Paperback](#)¹³⁰
- [A Practical Guide to Teacher Wellbeing](#)¹³¹
- [Live Well, Teach Well: A practical approach to wellbeing that works](#)¹³²



Links

1	www.mentallyhealthyschools.org.uk/resources/10-tips-for-school-leaders-and-senior-staff-on-supporting-mental-health-and-wellbeing/	23	www.annafreud.org/media/11495/helping-cyp-manage-anxiety-apr2020-v4.pdf
2	www.annafreud.org/media/11727/managing-transition-back-to-school-jun2020.pdf	24	www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf
3	youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/	25	youngminds.org.uk/media/2783/balancing-act-and-finding-your-balance.pdf
4	youngminds.org.uk/resources/school-resources/what-to-look-out-for-in-your-pupils/	26	youngminds.org.uk/media/3554/how-many-positives-360-activity.pdf
5	www.traumainformedschools.co.uk/images/preparing_your_child_for_the_return_to_school.jpg	27	www.healthyyoungmindsinherts.org.uk/sites/default/files/publications/term%3Avocabulary%3Avid/Stress bucket activity.docx
6	www.annafreud.org/media/12060/sharing-good-practice-looking-to-the-future-june-2020-updated.pdf	28	www.therapistaid.com/worksheets/relaxation-techniques.pdf
7	www.pshe-association.org.uk/curriculum-and-resources/resources/next-steps-embracing-change-and-transition	29	www.theatrefolk.com/blog/classroom-exercise-fear-hat/
8	www.portsmoutheducationpartnership.co.uk/wp-content/uploads/2020/08/5-tips-to-help-ease-your-child-back-into-school-mode-after-lockdown.pdf	30	positivepsychology.com/wp-content/uploads/Getting-Rid-of-ANTS-Automatic-Negative-Thoughts.pdf
9	www.hive.co.uk/Product/Alison-Jay/Looking-For-Yesterday/22050995	31	positivepsychology.com/wp-content/uploads/Identifying-ANTS-Challenging-Different-Types-of-Automatic-Thoughts.pdf
10	www.hive.co.uk/Product/Shinsuke-Yoshitake/Why-Do-I-Feel-Like-This/24512823	32	positivepsychology.com/wp-content/uploads/Positive-Replacement-Thoughts-Worksheet.pdf
11	www.hive.co.uk/Product/Alice-Harman/Grow-Your-Mind-Dont-Panic/24113906	33	positivepsychology.com/wp-content/uploads/Questions-For-Challenging-Thoughts.pdf
12	www.hive.co.uk/Product/Niall-Breslin/Take-Five/24619633	34	www.hive.co.uk/Product/Mary-Hoffman/The-Great-Big-Book-of-Feelings/18737145
13	www.hive.co.uk/Product/Dr-Sharie-Coombes/Keep-Calm-Mindful-Kids/25068924	35	www.hive.co.uk/Product/Francesca-Sanna/Me-and-My-Fear/22385370
14	www.hive.co.uk/Search/Search?Series=Mindful%20Kids	36	www.hive.co.uk/Product/Louise-Bladen/Whats-In-Your-Mind-Today/24098576
15	www.hive.co.uk/Product/Nicola-Morgan/Positively-Teenage--A-positively-brilliant-guide-to-teenage-well-being/21769725	37	www.hive.co.uk/Product/Tom-Percival/Rubys-Worry--A-Big-Bright-Feelings-Book/21744436
16	www.hive.co.uk/Product/Michael-A-Tompkins/My-Anxious-Mind--A-Teens-Guide-to-Managing-Anxiety-and-Panic/6271289	38	www.hive.co.uk/Product/Virginia-Ironside/The-Huge-Bag-of-Worries/850230
17	www.hive.co.uk/Product/Matthew-Syed/You-Are-Awesome--Find-Your-Confidence-and-Dare-to-be-Bril/21818246	39	www.childline.org.uk/info-advice/school-college-and-work/life-issues-planning/money-issues/
18	www.hive.co.uk/Product/Dawn-PhD-Huebner/Outsmarting-Worry--An-Older-Kids-Guide-to-Managing-Anxiety/20976645	40	www.childline.org.uk/info-advice/your-feelings/feelings-emotions/embarrassment/
19	www.hive.co.uk/Product/Anita-Naik/Teen-Life-Confidential-Self-Esteem-and-Being-YOU/14176214	41	england.shelter.org.uk/housing_advice
20	www.hive.co.uk/Product/Juno-Dawson/Mind-Your-Head/18133669	42	www.portsmouth.gov.uk/ext/schools-learning-and-childcare/schools/school-meals
21	www.hive.co.uk/Product/Lucy-Maddox/What-is-Mental-Health-Where-does-it-come-from-And-Other-Big-Questions/24115825	43	www.gov.uk/benefits-calculators
22	www.hive.co.uk/Product/Dr-Christian-Jessen/Dr-Christians-Guide-to-You/18014409	44	www.hive.co.uk/Product/Kate-Milner/Its-a-No-Money-Day/24016719
		45	www.hive.co.uk/Product/Michael-Foreman/Tufty/20457335
		46	www.hive.co.uk/Product/James-Bowen/My-Name-is-Bob--An-Illustrated-Picture-Book/15669489
		47	www.hive.co.uk/Product/Ben-Hubbard/Money-Box-Spending-Money/24124849
		48	www.saferportsmouth.org.uk/wp-content/uploads/2020/05/OMG-DA-during-covid.docx.pdf
		49	www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing
		50	www.disrespectnobody.co.uk/
		51	www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/

52	dera.ioe.ac.uk/2012/1/2011_teen-abuse-toolkit.pdf	77	www.childbereavementuk.org/information-bereaved-children-with-asd
53	www.waterstones.com/book/little-mouse/ann-dix/jacqueline-quinn/9781903269343	78	www.childbereavementuk.org/building-resilience-in-a-bereaved-child
54	www.hive.co.uk/Product/Jane-Commissioning-Editor-Evans/How-Are-You-Feeling-Today-Baby-Bear--Exploring-Big-Feelin/14751689	79	www.childbereavementuk.org/Handlers/Download.ashx?IDMF=b72881e8-43d7-4bbf-80d7-b8c3363bd281
55	www.hive.co.uk/Product/Dimity-Powell/At-the-End-of-Holyrood-Lane/24327746	80	www.winstonswish.org/bereavement-training-courses-schools/
56	www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce/	81	www.winstonswish.org/helping-bereaved-child-return-to-school/
57	youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-divorce-or-separation/	82	www.winstonswish.org/wp-content/uploads/2018/01/ww-0107-CBC-lo.pdf
58	youngminds.org.uk/starting-a-conversation-with-your-child/	83	www.winstonswish.org/wp-content/uploads/2019/06/Winstons-Wish-thunks.pdf
59	advice.actionforchildren.org.uk/?gclid=EAlaQobChMIJewyMCN6QIVje5RCh34HwVSEAMYASAAEgKOgD_BwE	84	cms.barnardos.org.uk/sites/default/files/2020-04/child-bereavement-service-explaining-death-children-young-people-help-cope.pdf
60	youngminds.org.uk/media/3679/divorce-separation-updated-dec-2019.pdf	85	www.hive.co.uk/Product/Joseph-Coelho/If-All-the-World-Were/22883807
61	learning.nspcc.org.uk/research-resources/schools/making-sense-relationships	86	www.hive.co.uk/Product/Claire-Throp/Coping-with-Death-and-Grief/24080619
62	www.portsmoutheducationpartnership.co.uk/wp-content/uploads/2020/08/my-parents-are-separating-activity-sheet-english_ver_4.pdf	87	www.hive.co.uk/Product/Melanie-Walsh/Goodbye-Grandma/16537229
63	www.portsmoutheducationpartnership.co.uk/wp-content/uploads/2020/08/t-c-2549245-keepsake-box-absent-parent-or-carer-activity-english_ver_2.pdf	88	www.hive.co.uk/Product/Diana-Crossley/Muddles-Puddles-and-Sunshine--Your-Activity-Book-to-Help-/7414873
64	www.portsmoutheducationpartnership.co.uk/wp-content/uploads/2020/08/Divorce-discussion-cards-english_ver_1.pdf	89	www.hive.co.uk/Product/Dr-Sharie-EdD-MA-PsychPsych-DHypPsychUK-Senior-QHP-Coombes/Letting-Go-Mindful-Kids--An-activity-book-for-children-wh/24416991
65	www.hive.co.uk/Product/Andrew-Fusek-Peters/The-Colour-Thief--A-familys-story-of-depression/16509210	90	www.portsmouth.gov.uk/ext/health-and-care/health/food-weight-children-young-people
66	www.hive.co.uk/Product/Jennifer-Moore-Mallinos/When-My-Parents-Forgot-How-to-be-Friends/2076317	91	www.portsmouth.gov.uk/ext/documents-external/hlth-ph-teenbreakfastideas-leaflet.pdf
67	www.hive.co.uk/Product/Holly-Duhig/Living-With-Mum-Living-With-Dad/21942526	92	www.nhs.uk/change4life
68	www.hive.co.uk/Product/Kes-Gray/Mum-and-Dad-Glue/854001	93	campaignresources.phe.gov.uk/resources/campaigns/40-school-zone/Change4Life
69	youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/?gclid=EAlaQobChMI9sCcuYf56AIVle7tCh1PbQFeEAYASAAEgJM3vD_BwE	94	hwww.pshe-association.org.uk/system/files/PSHE%E2%80%9393Keystandardsinteachingaboutbodyimage22ndApril.pdf
70	http://sabp.lgfl.org.uk/	95	campaignresources.phe.gov.uk/schools/topics/rise-above/overview#bodyimage
71	youtu.be/SFm-SXeJwI8	96	www.hive.co.uk/Product/Emily-MacKenzie/Theres-Broccoli-in-my-Ice-Cream/19369042
72	www.childbereavementuk.org/Handlers/Download.ashx?IDMF=bb511d49-abb5-4753-97ac-a705fd62acec	97	www.hive.co.uk/Product/DK/My-Top-to-Bottom-Body-Book--What-Makes-a-Happy-Healthy-Bo/21491144
73	www.childbereavementuk.org/information-how-children-grieve	98	www.hive.co.uk/Product/Harriet-Brundle/Healthy-Eating/24603756
74	www.childbereavementuk.org/information-what-helps-grieving-children	99	www.hive.co.uk/Product/Alan-Durant/Burger-Boy/6914066
75	www.childbereavementuk.org/Handlers/Download.ashx?IDMF=c1c334cb-1706-4405-a2a8-0b8aa482bc75	100	www.hive.co.uk/Product/Thomas-Canavan/The-Human-Body-is-Awesome/20838645
76	www.childbereavementuk.org/information-bereaved-children-with-special-needs	101	www.waterstones.com/book/obesity-dont-call-me-fat/pat-thomas/claire-keay/9780750289566
		102	www.hive.co.uk/Product/Nancy-Dickmann/What-You-Need-to-Know-About-Obesity/19053471
		103	www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/
		104	www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/

105	www.bbc.co.uk/teach/class-clips-video/pshe-ks2-be-active/zfndjvh	130	www.amazon.co.uk/Elephant-Staffroom-Chris-Eyre/dp/1138681482/ref=pd_sbs_14_5/257-3628357-3604163?_encoding=UTF8&pd_rd_i=1138681482&pd_rd_r=e26730e5-f569-4700-b132-caa6083f180d&pd_rd_w=mTudF&pd_rd_wg=TDnmH&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=NH5MPEWEG08M3K36ZZTR&psc=1&refRID=NH5MPEWEG08M3K36ZZTR
106	campaignresources.phe.gov.uk/resources/campaigns/69-top-tips-for-teeth		
107	www.hive.co.uk/Product/Pat-Thomas/A-First-Look-At-Healthy-Teeth-Do-I-have-to-go-to-the-Dentist/16509349	131	www.amazon.co.uk/Practical-Guide-Teacher-Wellbeing/dp/1526445875/ref=pd_sbs_14_4/257-3628357-3604163?_encoding=UTF8&pd_rd_i=1526445875&pd_rd_r=fc6ed18a-1fb7-48c5-99e9-5922800bd8ad&pd_rd_w=bgZzt&pd_rd_wg=XU4NS&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=V444VHTXZR3JBN90Z681&psc=1&refRID=V444VHTXZR3JBN90Z681
108	www.waterstones.com/book/wash-scrub-brush-a-book-about-keeping-clean/mick-manning/brita-granstrom/9780749662257	132	www.amazon.co.uk/Live-Well-Teach-practical-wellbeing/dp/147294979X/ref=pd_sbs_14_2/257-3628357-3604163?_encoding=UTF8&pd_rd_i=147294979X&pd_rd_r=fc6ed18a-1fb7-48c5-99e9-5922800bd8ad&pd_rd_w=bgZzt&pd_rd_wg=XU4NS&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=V444VHTXZR3JBN90Z681&psc=1&refRID=V444VHTXZR3JBN90Z681
109	www.hive.co.uk/Product/DK/My-Top-to-Bottom-Body-Book--What-Makes-a-Happy-Healthy-Bo/21491144		
110	www.phf.org.uk/reader/provide-youth-friendly-mental-health-wellbeing-services/		
111	www.phf.org.uk/wp-content/uploads/2018/03/Heads20Up20Final20Approved20version.pdf		
112	www.studentminds.org.uk/		
113	www.mind.org.uk/information-support/tips-for-everyday-living/student-life/about-student-mental-health/		
114	youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/		
115	uploads.strikinglycdn.com/files/fe1e2466-b308-4ade-b6cc-975818ddf286/Mental Health Toolkit for Employers Business in the Community %26 Public Health England 2016 .pdf?id=180526		
116	www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-a-member-of-staff-with-mental-health-difficulties/		
117	www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/		
118	www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf		
119	www.annafreud.org/on-my-mind/self-care/		
120	www.mentallyhealthyschools.org.uk/resources/10-steps-towards-school-staff-wellbeing/		
121	positivepsychology.com/wp-content/uploads/Getting-Rid-of-ANTS-Automatic-Negative-Thoughts.pdf		
122	positivepsychology.com/wp-content/uploads/Identifying-ANTS-Challenging-Different-Types-of-Automatic-Thoughts.pdf		
123	positivepsychology.com/wp-content/uploads/Positive-Replacement-Thoughts-Worksheet.pdf		
124	positivepsychology.com/wp-content/uploads/Questions-For-Challenging-Thoughts.pdf		
125	www.educationsupport.org.uk/blogs/admin/supporting-school-support-staff		
126	www.mentalhealthatwork.org.uk/toolkit/staff-mental-health-in-education/		
127	www.mentalhealthatwork.org.uk/resource/running-a-staff-session-on-mental-health-and-wellbeing/?read=more		
128	www.mentalhealthatwork.org.uk/toolkit/helping-staff-to-cope-with-trauma/		
129	www.amazon.co.uk/Wellbeing-Toolkit-Andrew-Cowley/dp/147296165X		

**With thanks to Medway Child
Health team for their permission
to use and adapt their guidance**

**A BETTER
MEDWAY**
Easier ways to be healthy