

Newsletter **for professionals**

Transition support

We're sure you are all well under way with your return to school preparations and we know that mental health and wellbeing will be high on your agenda for supporting your young people. If you need any more inspiration, we have collated some links for resources which may be helpful over these next few weeks:



Separation anxiety: tools for teachers : Mentally Healthy Schools

<https://bit.ly/3q2co2J>



Staff wellbeing planning pack : Mentally Healthy Schools

<https://bit.ly/2Nv6ytt>



primaryschoolresources.pdf (place2be.org.uk)

<https://bit.ly/3ssGHkE>

We have also attached a PDF with an activity from Anna Freuds Mentally Healthy Schools.

Staff training, assemblies and workshops

We have been working hard to continue to deliver training and workshops in different ways and you may have seen some of the things we have been doing.

If you would like to arrange some training for either staff or pupils, please get in touch with your worker who will discuss your needs and arrange something with you.





Visit **Mentally
Healthy Schools**
for more resources

REFLECTING ON LOCKDOWN activity

Some children may find the transition back to school difficult after lockdown.

It may be useful in the first few weeks of school to reflect on the lockdown period, and identify what they learnt about themselves, to help them deal with this change. This could also be planned and delivered as a show and tell.

Some children may have experienced trauma or bereavement due to Covid-19, and therefore this activity may not be suitable unless part of a larger plan of support.



Reflection on lockdown

Name: _____ Date: _____

Three new things I did in lockdown:

1.

2.

3.

New hobbies or skills I learnt:



Things I learnt about myself in lockdown:

1.

2.

3.



Something I enjoyed about lockdown was...



Something I disliked about lockdown was...



If I was having a difficult time in lockdown, I would...

I would like to continue to...



In the next school year, I would like to focus on...

