

Return to School Wellbeing Support



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 Medway Child Health team have put together this wellbeing package of support, 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 the Medway Safeguarding Team on 01634 334466.

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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 and to 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.



Local Support

School Health Service (MCH)

The School Health team is made up of qualified and specialist nurses who work in local communities and schools, providing health assessments for children, as well as advice and support for children and parents around issues such as sleep, behaviour and emotional health.

0300 123 3444 (option 2)

Medway Children and Family Hubs

- [Strood - Clifton Close](#)
- [Chatham - All Saints](#)
- [Wayfield - Luton](#)
- [Woodlands - Gillingham](#)

Download the [Children and Family Hub timetables](#).

Special Educational Needs and Disability

All the SEND teams are working remotely and can be contacted

SEN Team Seneducation@medway.gov.uk

Sensory Support Service

jane.elworthy@medway.gov.uk

Early Years

carrie.white@medway.gov.uk

Educational Psychology Service

Schools to contact their school EP direct by email

education.psychology@medway.gov.uk

0-25 Disability Social Work Team

Tel: 01634 338500

National Support

Family Lives

Supporting your child at school

<https://www.familylives.org.uk/advice/primary/learning-school/supporting-your-child-at-school/>

Action for Healthy Kids

Reducing screen time at home and school

<https://www.actionforhealthykids.org/activity/limit-screen-time/>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- 5 tips to help children return to school
- Routines and habits lesson plan (primary)
- Daily Routine lesson plans (ESL)
- Welcome back to school colouring page (KS1)
- A Guide to Supporting a Child Who is Struggling to Attend School
- What to look out for in pupils after lockdown
- Friendship resource pack (KS2)
- My friendship wall
- Medway RSE lesson plans – friendships

Recommended books

- [A terrible thing happened](#)
- [Mouse Was Mad](#)
- [The way I feel](#)
- [Along came bedtime](#)
- [Doug Unplugged](#)
- [Mindful Kids](#)
- [Enemy Pie](#)

**What do we
already do?**

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**What could
we do?**

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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.



Local Support

MEDWAY Young Persons' Wellbeing Service

This is for people aged 0-19 years or up to 25 with SEN needs.

Tel: 0300 300 1981.

NSPCC

Positive pathways programme for 7-18 year olds aimed at helping children to manage their own problems and goals.

TEL: 01634 564688

Self-Harm Support

Emerge is a youth work charity that support young people attending hospital because of self-harm or suicidal feelings/actions.

Currently offering remote support

<https://emergeadvocacy.com/isolation-busters/>

School Health Service (MCH)

The School Health team is made up of qualified and specialist nurses who work in local communities and schools, providing health assessments for children, as well as advice and support for children and parents around issues such as sleep, behaviour and emotional health.

0300 123 3444 (option 2)

Kent and Medway Children and Young Peoples Wellbeing Service

Out of Hours Mental Health

Tel: 0300 555 1000 (MHD Line)

NELFT

[Managing anxiety in YP with social communication difficulties](#)

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.

<https://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.

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

The Big White Wall

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://www.bigwhitewall.com/>

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.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- The anxious child booklet
- Find your balance activity
- Stress Bucket activity
- Relaxation techniques
- Challenge Anxiety worksheet
- Gratitude Bedtime activity
- Fear in a hat exercise
- I'm scared activity sheet
- Fear factor lesson plan (KS3)
- My monster and Me
- First Aid for health anxiety

Recommended books

- [Huge bag of worries](#)
- [The great big book of feelings](#)
- [Overcoming your child's fears and worries](#)
- [Don't Worry, Be Happy: A Childs Guide to Overcoming Anxiety](#)
- [Listening to my body](#)

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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 exacerbated 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

Medway Food Bank services

<https://medway.foodbank.org.uk/>

Citizens Advice for debt, housing issues and help to claim service.

<https://www.medwayadvice.org.uk/>

Medway Family Information Service

TEL: 01634 332195

https://admissions.medway.gov.uk/synergy/fisd_welcome.aspx

Medway Housing Options

Work with your landlord to try to prevent your eviction. Get you support with budgeting and managing finances. Advise you regarding all your housing options.

Book your appointment by phone, email or in person:

Tel: 01634 333600 **Email:** housing@medway.gov.uk

National Support

GOV.UK

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

<https://www.gov.uk/universal-credit/other-financial-support>

Gingerbread

Support for single parents

<https://www.gingerbread.org.uk/policy-campaigns/covid-19-briefing/>

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.

<https://www.remploy.co.uk/employers/mental-health-and-wellbeing/workplace-mental-health-support-service-employers>

Childline

[Money Issues](#)

[Embarrassment](#)

Shelter

[Housing Advice](#)

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Housing Providers Financial Advice contacts
- DWP letter to partners
- Support website info (DWP)
- COVID Housing options leaflet
- DWP – Able Futures – Access to work, Mental Health support

Recommended books

- [The Hard-Times Jar](#)
- [Maddie's Fridge](#)
- [Still a family](#)

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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

One Stop Shop - Medway

Tuesdays: 9.30am – 12pm

Sunlight Centre, Richmond Road, Gillingham,
Kent ME7 1LX

[Kent and Medway Domestic Abuse Services](#)

Kent Police – Claire’s law

<https://www.kent.police.uk/advice/advice-and-information/daa/domestic-abuse/alpha/request-information-under-clares-law/>

Victim Support

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south->

Choices

Domestic Abuse Services

<https://choicesdaservice.org.uk/mdas.html>

Medway Family Information Service

TEL: 01634 332195

https://admissions.medway.gov.uk/synergy/fisd_welcome.aspx

CDAP Community Domestic Abuse Programme

<https://shareweb.kent.gov.uk/Documents/community-and-living/community-safety/community-safety-unit/CDAP%20leaflet.pdf>

National Support

Anna Freud

<https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/family-violence/#>

Women’s Aid

<https://www.womensaid.org.uk/>

The Hide Out

<http://thehideout.org.uk/>

Respect

Offers information, advice and support to perpetrators of abuse.

<http://respectphoneline.org.uk/>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- DA Victim Booklet
- Medway Abusive Relationships lesson plans (KS3)
- Disrespect Nobody Resources
- Expect Respect Teaching Pack

Recommended books

- [How are you feeling today baby bear](#)
- [A family that fights](#)
- [Something went wrong in my house](#)
- [Hear My Roar: A Story of Family Violence](#)
- [The day my daddy lost his temper](#)

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Relationships Breakdown

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

Foundations: Supporting Families

The centre is based in Chatham, and provides independent supervised contact services when there are risks or a lack of trust or where there has been a long gap in contact.

<http://foundationskent.uk/index.html>

Early Help – Medway

The Early Help helplines are there to offer advice and support.

- Chatham All Saints Children and Family Hub: **01634 338 833**
- Gillingham Children and Family Hub: **01634 338 877**
- Strood Children and Family Hub: **01634 335 533**
- Wayfield Children and Family Hub: **01634 337 733**

Email: ehsupport@medway.gov.uk

Relate – Medway and North Kent

https://www.relatemnk.org.uk/page-services-young_people.html

Medway Family Information Service

TEL: **01634 332195**

https://admissions.medway.gov.uk/synergy/fisd_welcome.aspx

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.

<https://www.family-action.org.uk/what-we-do/early-years/familysupport/>

NSPCC

[Keeping your child safe during separation](#)

Young Minds

[Supporting your child through separation](#)

[Starting a conversation with your child](#)

Action for Children

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

[Parenting Support](#)

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Parents' divorce and separation guide
- Year 9 Lesson 3 Loss, Separation and Divorce lesson plan
- My parents are separating worksheet
- Memory/keepsake box for absent parent
- Divorce discussion cards
- Medway Parenting Programmes
- NSPCC – Making sense of relationships

Recommended books

- [My family's changing](#)
- [When my parents forgot how to be friends](#)
- [Two homes](#)
- [My friend is sad](#)

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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

Holding On Letting Go (Rochester)

Holding On Letting Go supports bereaved children and young people aged 6 to 16 and their families in Kent. They offer support, advice and guidance to families, professionals and anyone concerned about the needs of grieving children.

Phone: 03445611511

<http://www.holdingonlettinggo.org.uk/>

Cruse Bereavement – Maidstone and Medway

Our office is staffed by volunteers who aim to provide telephone support and advice 10am to 12.30pm Monday to Friday and answer email enquiries promptly.

Contact on **01622 671011** or email maidstone@cruse.org.uk

Medway Educational Psychology Service

Medway Council's Educational Psychologists are providing telephone support for school staff and parents to help them manage their own emotions while also supporting their children as they face or experience a death related to COVID-19.

Please email:

education.psychology@medway.gov.uk and leave your name and contact details. We will follow up emails with a telephone call between 9:00am-3:00pm Mondays-Fridays.

Medway Family Information Service

TEL: 01634 332195

https://admissions.medway.gov.uk/synergy/fisd_welcome.aspx

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):

0800 02 888 40

support@childbereavementuk.org

Childhood Bereavement Network

020 7843 6309 – A network of child bereavement services

Young Minds

[Grief and Loss](#)

Winston's Wish Freephone

Tel: 08088 020 021 – National Helpline offering guidance, information and support to anyone caring for a bereaved child, including professionals and family members.

<https://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.

<https://www.sueryder.org/coping-with-grief-and-bereavement>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- My dad and me
- When someone special dies (under 7's)
- When someone special dies (7-11)
- When someone special dies (young people)
- Children's understanding of death at different ages
- How children and young people grieve
- What helps grieving children and young people
- Supporting bereaved under 5's
- Supporting SEND Children and Young People
- Building resilience in bereaved children
- When a grandparent dies
- Strategy for schools
- Guide to supporting grieving Children and Young People in education
- Bereavement Charter
- Thunks on Death
- Barnardos Booklet on Death

Recommended books

- [Goodbye Mog](#)
- [Muddles, Puddles and Sunshine](#)
- [What Does Dead Mean?: A Book for Young Children to Help Explain Death and Dying](#)
- [The memory tree](#)

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Healthy Lifestyle

Food and Nutrition

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, good carbohydrates to keep our blood glucose levels stable, a variety of protein sources for growth and repair and vitamin and mineral to support the body's functions.

When we don't have enough nutrient rich foods, our bodies may lack vital vitamins and minerals which 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, lack of foods in shops 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.

As a school, you may decide that there are children and families who on their return may benefit from access to nutritious food. We can provide guidance and support in setting up a temporary foodbank to support vulnerable children in your school. Please contact us and we will be happy to support you to get this up and running as quickly as possible.



Local Support

Medway Tri For You

<https://facebook.com/triforyoumedway>

Family Cooking

https://www.medway.gov.uk/info/200229/child_health/1006/family_cooking/2

https://www.medway.gov.uk/info/200229/child_health/1006/family_cooking/3

Medway Food Bank

<https://medway.foodbank.org.uk>

Free School Meals

https://www.medway.gov.uk/info/200164/school_information/354/free_school_meals

National Support

Applying for Free School Meals

<https://www.gov.uk/apply-free-school-meals>

NHS Eat Well Guide

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Change 4 Life

<https://www.nhs.uk/change4life/about-change4life>

The Trussel trust

<https://www.trusselltrust.org/>

Cool Milk

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

NHS Fruit and Veg Scheme

<https://www.nhs.uk/live-well/eat-well/school-fruit-and-vegetable-scheme/>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Setting up food banks in school
- Change 4 Life resources
- Healthy eating resources

Recommended books

- [The sugar story: why too much sugar is bad for you](#)
- [Lunch Box: The story of your food](#)
- [Yummy Stories](#)

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Healthy Lifestyle

Oral 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.

Many children experience problems with their oral health.

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. Tooth decay is the most common oral disease affecting children in England, yet it is largely preventable. Some children may have had to accept what food has been given to them during this time of lockdown due to financial stresses or knowledge and skills of caregivers. (See Food and Nutrition section for more support and information).

Poor oral hygiene not only effects children physically, but also their mental wellbeing. This can be due to a prolonged amount of time in pain from decay, self-conscious behaviours due to the appearance of their teeth or even bad breath.

It is vital for children to brush their teeth twice a day using an age appropriate fluoride toothpaste. They shouldn't rinse their mouths after brushing, but spit out the excess foam and allow the fluoride in the toothpaste to gradually absorb into the enamel of the teeth, strengthening and protecting them from sugar acids and 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. For more support around oral health please refer also to the food and nutrition section to explore changes to eating habits, and the details below for more information.



Local Support

Medway Oral Health

<https://www.medway.gov.uk/oralhealth>

Medway Tri For You

<https://m.facebook.com/triforyoumedway>

Medway Dental Services

<https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/dental-community>

National Support

Finding a dentist

<https://www.nhs.uk/service-search/find-a-dentist>

NHS – Taking care of children’s teeth

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

Dental Health

<https://www.dentalhealth.org/childrens-teeth>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Top Tips for Teeth
- Oral Hygiene Resources
- Children's Teeth Resources
- Training and guidance can also be offered to schools by Medway Public Health's Oral Health Team.

Recommended books

- [Open wide... what's inside](#)
- [Peppa Pig Dentist Trip](#)
- [George and the Happy Tooth](#)

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Healthy Lifestyle

Physical Activity

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 weeks, 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 greater levels of obesity and lower physical fitness, while being active improves behaviour, self-confidence and social skills, attention levels and performance at school, co-ordination, health and fitness, aids sleep, Improves mood and makes them feel good.

For advice and support on activity in children please use some of the links below to get in touch or find supporting information.



Local Support

Medway Healthy Weight

https://www.medway.gov.uk/info/200230/healthy_weight/

Medway Tri For You

<https://m.facebook.com/triforyoumedway>

Medway Sports Centres

https://www.medway.gov.uk/info/200180/sport_centres/490/sporting_programmes/2

Medway Sport

<https://m.facebook.com/MedwaySportOfficial>

Medway Parks

https://www.medway.gov.uk/info/200184/parks_and_play_areas

Medway Youth Sessions

https://www.medway.gov.uk/info/200374/online_youth_sessions

National Support

Change 4 Life

<https://www.nhs.uk/change4life/about-change4life>

Change 4 Life School Zone

<https://campaignresources.phe.gov.uk/resources/campaigns/40-school-zone/Change4Life>

This Girl Can

<https://www.thisgirlcan.co.uk/>

PE with Jo Wicks

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Physical Activity, 5 – 18 years
- Physical Activity guidelines
- Scouts – Great Outdoors

Recommended books

- [The busy body book](#)
- [101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders](#)
- [Get Up and Go!](#)
- [The Yoga Zoo Adventure](#)

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Healthy Lifestyle

Weight Gain

Overweight and Obesity is well documented as a complex condition. 36.4% of year 6 children and 23.8% of year R children are currently overweight or obese in Medway and the Covid-19 pandemic may have exacerbated these levels. 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.

For further support or guidance on supporting children around weight gain please find contact details in the links below as well as supporting information.



Local Support

Medway Healthy Weight

https://www.medway.gov.uk/info/200230/healthy_weight/

Medway Tri For You

<https://m.facebook.com/triforyoumedway>

National Support

Change 4 Life

<https://www.nhs.uk/change4life/about-change4life>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Obesity in Children
- Childhood Obesity
- Mental Health and Body Image
- Change 4 Life school Zone resources

Recommended books

- [Blubber – Judy Blume](#)
- [Babaroo the Alien and the Magic of Healthy Food](#)
- [The Berenstain Bears and Too Much Junk Food](#)

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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 have been really upset not to be taking the exams that they have worked so hard for and are now worried about the grades they will get in the summer and what happens next. Y11 and Y13 are always important transition years and whilst schools and colleges are doing their best to support their students – the offer is compromised by the situation.

These young people will miss out on timely celebrations, transition and social events that mark the ending of a stage in education and a new beginning. Y10 and Y12 students are also working on exam courses remotely and there are plans for them to have 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

Medway Colleges and Sixth Forms

<https://admissions.medway.gov.uk/Synergy/localoffer/Enquiries/Search.aspx?searchID=41>

Medway IAG

Information, advice and guidance service for 16 and 17 year olds.

https://www.medway.gov.uk/info/200215/youth/318/youth_programmes_and_activities_in_medway/6

Care Leaver Progression Partnership

<https://careleaverpp.org/>

Sexual Health

Clover Street – Medway sexual health hub.

TEL: 0300 123 1678

<https://www.cloverstreet.nhs.uk/>

MidKent College

16-18 Funding Support

<https://www.midkent.ac.uk/help-advice/financial-support/financial-support-16-18/>

Bemix

Supported internships for young people aged 16-24 with EHCPs.

<https://www.bemix.org/>

National Support

Career Pilot

Next steps and career options.

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

Financial Support

<https://www.gov.uk/guidance/16-to-19-education-financial-support-for-students>

Sexplain

RSE for 16+

<https://sexplain.org.uk/teachable-moments>

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.

<https://www.supportline.org.uk/problems/children-and-young-people-support/>

Brook - Sexual Health

Free sexual health information and advice

<https://www.brook.org.uk/>

Young Minds

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

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Coping With Feelings of Frustration and Anger
- Right Here Guide: Wellbeing support for 16-25's
- Heads Up: A toolkit to promote mental wellbeing sessions
- Student Minds Resources
- Mind: Student Life

Recommended books

- [Positively Teenage: A positively brilliant guide to teenage well-being](#)
- [The Mental Health and Wellbeing Workout for Teens](#)
- [The Mindfulness Journal for Teens](#)
- [S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties](#)

**What do we
already do?**

Notes:

**What could
we do?**

Notes:

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 well-being 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

Safe Haven

Offers out of hours mental health support to any residents of Kent and Medway aged 16 or over, including healthcare professionals.

The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community.

Currently operating a remote service.

To contact your Safe Haven @ Medway

TEL: 07850 901151 or 07808 795036

Connect 5

Connect 5 is an accredited mental health training programme for front line staff.

https://www.medway.gov.uk/info/200231/mental_wellbeing/569/healthy_mind/5

A Better Medway Schools Award

The Medway child health team can support your school to achieve bronze level and then begin silver which includes staff wellbeing pledges.

childhealth@nedway.gov.uk

National Support

Young Minds

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

Public Health England

[Employers Mental Health Toolkit](#)

Mentally Healthy Schools

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

Mental Health at Work

A toolkit for primary school staff

<https://www.mentalhealthatwork.org.uk/toolkit/supporting-staff-wellbeing-in-primary-schools/>

Resources

The resources listed in this section will be sent out to schools electronically on request.

- Anna Freud supporting school staff documents
- Self-compassion exercise
- The worry habit
- 10 steps towards staff wellbeing

Online Resources

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

Recommended books

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

**What do we
already do?**

Notes:

**What could
we do?**

Notes:

**The Medway Child Health team would like to thank the
Medway Educational Psychology team, for their guidance
in the production of this resource.**

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

