



March 2021

Information and signposting to training and resources for North Yorkshire schools to support the mental health and wellbeing of pupils returning to school

[NYCC support for schools opening to a larger number of pupils during COVID-19 when considering the wellbeing aspects](#)

The aim of this document is to support schools consider a range of wellbeing aspects for when reopening to pupils with signposting to a range of supporting guidance documents and resources. It is hoped that the majority of pupils will settle back into the school routine with support and guidance. It is normal that they will have worries and concerns, but through careful planning for their wellbeing and strong relationships with peers and staff the majority of pupils should re-settle.

The following information sheets can be used to signpost pupils, parents/ carers and staff to further support and information available locally in North Yorkshire and some national resources.

[Information sheet to support for pupils and parents in primary schools during COVID-19 in relation to mental and emotional wellbeing](#)

[Information sheet to support for pupils and parents in secondary schools during COVID-19 in relation to mental and emotional wellbeing](#)

[Information sheet to support staff wellbeing during COVID-19 in relation to wellbeing](#)

North Yorkshire Healthy Schools Website has a range of further supporting resources to support [Emotional health and wellbeing](#) and [staff wellbeing](#).

The Department for Education signposts to free wellbeing and mental health information and resources for education staff, children and young people and parents and carers [here](#).

Mentally healthy schools have a range of guidance and practical tools to support children's mental health during the coronavirus crisis and return to school [here](#)

Training resources for education staff to support schools protect and strengthen their whole school resilience to the wellbeing and mental health impacts of Covid-19

Education staff have a key role to play in supporting children and young people's wellbeing and mental health. By helping pupils acknowledge and understand how they feel, education staff can help prevent normal emotions from developing into more entrenched mental health issues. Through identifying warning signs early, they can also help ensure children and young people get the right support.

'Every interaction matters' is a short, pre-recorded webinar with audio for schools.

The webinar should take about 45-60 minutes to complete, including the suggested activity. It can be done as an all-staff session or staff can independently access the materials. The webinar is intended to support staff in promoting wellbeing, resilience and mental health, building on staffs existing skills, qualities and role. It introduces a straightforward framework for engaging pupils, your colleagues and yourselves and parents and carers - 'Look, Listen, Link'.

The original wellbeing for education return training materials are accessible for schools and are more in-depth than the 'Every Interaction Matters' webinar. These training materials cover wider issues such as the impact of the pandemic, wellbeing and resilience (Webinar 1) and bereavement, loss, anxiety, stress and trauma (Webinar 2). Schools can access the full content [here](#) (click on 'full content' then 'play' on the top two slide packs).

Psychological First Aid online training course for supporting children and young people in emergency and crisis situations

The free online course offers training for staff and volunteers on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations. As you will be aware, children and young people can be very resilient, but crises such as COVID-19 can severely impact their mental health. Getting the right support early on can help prevent problems occurring or worsening.

The course is available for all frontline workers such as teachers, health and social care workers, charity and community volunteers and anyone who cares for or is regularly in contact with children and young people aged up to 25, including parents and caregivers. It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required.

For any further information or advice please contact Clare Barrowman, Health and Wellbeing Adviser, School Improvement team, clare.barrowman@northyorks.gov.uk or 07969 103741