
Free resources and help to support the wellbeing and mental health needs of pupils, students and staff as Covid-19 continues

B&NES are pleased to continue offering all schools a comprehensive package of resources to help them support the mental health and wellbeing of students and children as they continue their education in the Covid-19 era. The offer includes

- **A series of FREE network meetings led by B&NES Education Psychologists** (see timetable below). Each session will focus on a specific topic related to the impact of Covid19. It will provide tips and advice on common concerns, opportunities to reflect and discuss with colleagues and links to guidance on best practice. Places at the network meetings are open to any member of school staff. You might want several staff joining in and that is fine. Sessions may be especially useful for staff who are new to thinking about mental health needs such as TAs, specific class teachers, form tutors etc, as well as for mental health leads and SENCos. To sign up visit the timetable of events below and click on the Eventbrite link

- **A FREE individual consultation / advice line on which you can talk with a B&NES Education Psychologist** about individual concerns relating to your school, staff and students/ children. To book a call to chat with a B&NES Education Psychologist email psychology_service@bathnes.gov.uk

This offer is funded by central Government's * **Wellbeing for Education Return Programme** which seeks to better equip schools and colleges to promote children and young people's wellbeing, resilience and recovery in response to Covid-19

Timetable of Network events and sign up links		
April 2021	<p>Wednesday 28TH April</p> <p>3.45 - 5.30 pm via Zoom</p> <p><u>Click here to sign up via Eventbrite</u></p>	<p>Supporting relationships and interactions following the return to wider opening of schools – all key stages. This session provides an opportunity to explore how friendships, staff/ pupil and other relationships have changed during the Covid-19 pandemic. It provides tips for re- building relationships and supporting those affected by change</p>

May 2021	<p>Tuesday 11th May</p> <p>3.45 – 5.15 pm via Zoom</p> <p>Click here to sign up via Eventbrite</p>	<p>Anxiety – children and young people with SEND and ASD This session explores the experiences of pupils with SEND and ASD and provides tips and strategies for supporting those with anxiety</p>
	<p>Wednesday 26th May</p> <p>3.45 – 5.15 pm via Zoom</p> <p>Click here to sign up via Eventbrite</p>	<p>Self-harm and suicidal behaviours – all key stages. We have seen a recent increase in the number of children and young people harming themselves to cope with emotions. This includes children of primary school age. This session explores what is meant by self-harm and explores strategies to support pupils. It includes reference to B&NES self-harm support available via the HarmLESS Tool</p>
JUNE 2021	<p>Tuesday 15th June</p> <p>3.45 – 5.15 pm via Zoom</p> <p>Click here to sign up via Eventbrite</p>	<p>Planning for transitions to next academic year – EYFS, KS1 and KS2. This looks at the emotional impacts of transition amongst EYFS and primary age children. It explores strategies to support children’s emotional wellbeing during this period of change</p>
	<p>Wednesday 30th June</p> <p>3.45 – 5.15 pm via Zoom</p> <p>Click here to sign up via Eventbrite</p>	<p>Planning for transitions to next academic year – KS3 and above This looks at the emotional impacts of transition amongst young people in KS 3 and above. It explores strategies to support children’s emotional wellbeing during this period of change</p>
JULY 2021	<p>Tuesday 13th July</p> <p>3.45 – 5.15 pm via Zoom</p> <p>Click here to sign up via Eventbrite</p>	<p>Building and maintaining resilience – staff, children and young people. At the end of what has been a difficult year for all our pupils and staff how can we continue to support the building of resilience as we think ahead to the new academic year?</p>

For further information contact Clare Laker in B&NES Public Health Team
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For more information on this programme and other resources and services that can support children and young people's mental health visit the [Public Health in Schools pages of the HUB](#)



