



The coronavirus pandemic has caused major disruptions to daily life, so for many students the transition back to school may be more difficult than previous years.

In order to support young people, teachers and parents settle back into the school environment and beyond, the School Zone will now host a wellbeing hub as part of the NHS approved ***Every Mind Matters*** campaign.

**This will replace *Rise Above for Schools*** in supporting young people's mental wellbeing, by covering key topical issues through curriculum-linked resources which feature peer-to-peer activities, youth-led videos and fun extension ideas.

Explore our new ***Every Mind Matters*** hub on the School Zone today and look out for updated resources launching later this month.

[Explore the hub](#)



## Discuss the nature of change with your class

The *Every Mind Matters* [Dealing with change](#) lesson plan is available to help KS3 and KS4 students explore the nature of change and identify strategies to help them adjust to the current climate. Be sure to check out our [Top tips page](#) for advice to teachers delivering this lesson to students with SEND.

This [Dealing with change](#) resource supports the new Relationships and Sex Education (RSE) and Health Education guidance, which has now become statutory in schools. For more guidance on delivering this curriculum you can visit [The Department for Education website](#).

[Download resources](#)



## Helping you support families

Our new [Top tips page](#) provides advice to teachers on how to support parents and carers dealing with the mental wellbeing of their children at this challenging time. Advice includes revisiting the importance of routine and normalising discussions about mental wellbeing.

### Support families

For support on your own mental wellbeing or the wellbeing of parents and carers, you can also try the *Every Mind Matters* [self-care tool](#) which provides personalised tips and advice on supporting adult mental health.

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