Wellbeing support for students returning to school

The coronavirus pandemic has caused major disruptions to daily life, so for many pupils 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 children and young people's mental wellbeing, by covering key topical issues though curriculum-linked resources which feature peer-to-peer activities, youth-led videos and fun extension ideas.

Look out for resources being uploaded to our new **_Every Mind Matters_** hub later this term.

Explore the hub

Top tips for teachers

Our wellbeing resources support the new Relationships Education and Health Education guidance, which has now become statutory in schools. For more guidance on delivering this subject you can visit The **Department for Education website**.

In order to ensure our wellbeing hub is accessible to all pupils, our new **Top tips page** provides support to teachers delivering our lessons to students with SEND.

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

Supporting young people during this time is important, but it's also important for teachers, parents and carers to look after their own wellbeing. Try the *Every Mind Matters* **self-care tool** for personalised tips and advice to support adult mental wellbeing.

View our privacy policy or terms and conditions for more information. Our mailing address is: Partnerships Marketing Team Health and Wellbeing Directorate, Public Health England, Wellington House, 133-135 Waterloo Road, London SE1 8UG

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