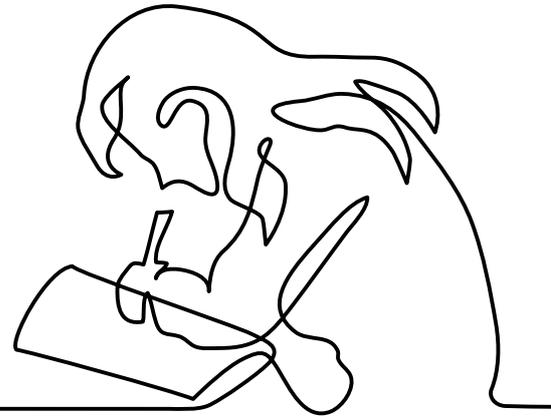


# BARNET

## HELPING CHILDREN BACK TO SCHOOL

# Resources and Provisions for Teachers and School Staff



## Staggered reintegration starting with Reception, Year 1 and Year 6

We have a comprehensive package of support on offer for schools, parents and Children and young people during this phased approach of returning to school. We have collated information on supporting children to return to the classroom in one handy guide to help you and the parents and carers of your pupils. The resources contained on here include useful information such as leaflets, podcasts, webinar, a range of interventions with children, parents/carers and school staff.

The below categorises the help and support on offer for the following groups:

- **Teachers and school staff**
- **Parents and carers**
- **Vulnerable children and young people**

This information focuses on support for Primary age groups, ready for a phased reintegration for Reception, Year 1 and Year 6. There will be another package focused on help available for secondary schools at a later date. This will cover universal to specialist provision.

The Barnet School Improvement Team are offering support and guidance to school leaders, school staff and governors in order to support their resilience. This involves regular updates and guidance, 1:1 support, group meetings etc. In addition the Traded Service from Barnet Partnership for School Improvement (BPSI) is running a series of sessions this term to support schools in the successful return to the new normal.

# Resources and Provisions for Teachers and School Staff



## Latest Government guidance link



<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/reopening-schools-and-other-educational-settings-from-1-june>

## Recovery planning support for schools documents



<https://sites.google.com/bpsi.org.uk/covid-recovery-planning/home>

Visit the Barnet Cambridge Education site for latest information for Teachers and school staff



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

## Courses, workshops and webinars

Family Services is offering a selection of courses, workshops, training, and group sessions either online or direct to support for pastoral carers and school staff.

## Educational psychology support for schools

The Educational Psychology Team offers support for schools, including phone consultation for issues such as bereavement. Your link educational psychologist continues to work with school staff and families, offering training for school staff, consultations and training sessions for families. The Production psychology team is facilitating a number of supervision groups for SENCos and Headteachers

## Free online webinar sessions

90-minute online CPD session facilitated by two educational psychologists. More dates are being added.

Book in advance here:



[http://cpd10g.schoolcircular.co.uk/pls/cpd1920/gen\\_bystrand\\_fr\\_pub](http://cpd10g.schoolcircular.co.uk/pls/cpd1920/gen_bystrand_fr_pub)

<b>Educational psychology support for schools</b>	How can schools support children and young people with bereavement and loss?	11.06.2020 @ 10:30 25.06.2020 @ 10.30
	Anxiety: what is it and what can we do?	TBC
	Supporting staff wellbeing during difficult times	04.06.2020 @ 14.00 09.06.2020 @ 14.00
	Transitioning and preparing for the new normal	03.06.2020 @ 10.00
	Emotion coaching	02.06.2020 @ 14.00

# Getting social, emotional, behavioural and mental health advice and support

Barnet Integrated Clinical Service (BICS) mild to moderate mental health service for CYP in Barnet is providing a range of interventions for children parents/cares, alongside colleagues within Early help, social care, public health and partner agencies such as VCSE and specialist CAMHS. Email for information [BICS@barnet.gov.uk](mailto:BICS@barnet.gov.uk)

Barnet Integrated Clinical Services	Interventions	Aimed for
	Psycho-education workshop (Cathy Cresswell model); Stress and anxiety about returning to school	Teachers / school staff
	Low mood	Pastoral/school staff consultations with schools starting from June 10th with Public Health and Early Help.
	Psychological trauma	
	Specific types of grief (including guilt)	
	Changes in children friendships	
	Challenging behaviours	
	Online training on trauma, attachment, loss, MH with supported lodgings	School staff

## New podcasts



BICS has launched some podcasts access them here – new leaflets and podcasts aimed for all supporting wellbeing during and coming out of this pandemic.

## Mental Health First Aiders

75 schools in Barnet have a fully trained Youth Mental Health First Aider (MHFA). An Mental Health First Aider will be able to:

- Spot the early signs of a mental health issue
- Feel confident in helping someone on a 'first aid' basis
- Help prevent someone from hurting themselves or others
- Guide someone towards the right support enabling them to recover faster
- Reduce the stigma of mental health issues.

For more details contact [Jayne.abbott@barnet.gov.uk](mailto:Jayne.abbott@barnet.gov.uk)

## Qwell

Free online mental health and wellbeing support for all teachers and school staff on Barnet visit [www.qwell.io](http://www.qwell.io)

Provision	Contact Details
<p><b>Children, Family and Young People Early Help Hubs 0-19 service.</b></p> <p>All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.</p>	<p>0800 389 8312 or on 020 8359 3100.</p> <p>Email <a href="mailto:fis@barnet.gov.uk">fis@barnet.gov.uk</a></p> <p> <a href="https://www.barnetyouth.uk/">https://www.barnetyouth.uk/</a></p> <p> <a href="http://www.barnet.gov.uk/0-19">www.barnet.gov.uk/0-19</a></p>
<p><b>0-19 Health Visiting and School Nursing Service</b></p> <p>Please call if you have concerns regarding your child's health, wellbeing and development needs such as eating, sleeping, behaviour.</p>	<p>Seven-day a week advice line between 9am-5pm (including Bank Holidays)</p> <p>0208 200 2500 option 1</p> <p>email <a href="mailto:CLCHT.childhealthinformationhub@nhs.net">CLCHT.childhealthinformationhub@nhs.net</a></p>
<p><b>Barnet Partnership for School Improvement</b></p> <p>BPSI resources and information for teachers can be accessed here:</p>	<p> <a href="https://sites.google.com/bpsi.org.uk/members-area/subject-areas/science/home-learning-projects">https://sites.google.com/bpsi.org.uk/members-area/subject-areas/science/home-learning-projects</a></p> <p> <a href="http://www.tiny.cc/athomewithBPSI">www.tiny.cc/athomewithBPSI</a></p>
<p><b>BICS we work across the CYP mild to moderate platform that include early help, community and vulnerable children known to family services.</b></p> <p>As a service, we are continuing to offer telephone, skype and video support/interventions to vulnerable children, young people and families across the Borough presenting with mild to moderate mental health difficulties.</p> <p>Telephone Support Lines: We have set up a single point of contact for professionals within educational settings, Early Help, Social Care (including foster carers and residential homes), which offers support to young people, families and carers who are struggling with mild to moderate social, emotional, behavioural and mental health difficulties.</p> <p>We are offering the following: Telephone support and consultation to professionals during this period. We can offer signposting, therapeutic support and advice where there are concerns around a child's social, emotional, behaviour or mental wellbeing.</p> <p>We will also offer direct support, advice and guidance to families, young people and carers. Young people and/or their families/carers can call the single point of contact, and a clinician will return their call. The clinician will take information about the young person's presenting need and offer advice/support accordingly.</p>	<p>You, colleagues or families can access the support by phoning 079260 85495 9am to 5pm. Our admin team will take some brief details about the young person, and a clinician will call you back as soon as possible.</p> <p>Referral Processes: During Covid, we have continued to offer 1:1 parent, child and adolescent interventions across the Borough. We continue to accept new referrals from a range of partners, including schools/educational settings, early help workers, social workers, GPs and VCSE partners, alongside accepting self-referrals from parents/carers.</p> <p>If you are uncertain about a referral, please call the number above and we can support you through this process.</p> <p>To make a referral, please use Barnet's Universal Plus Form which can be found here:</p> <p> <a href="https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics">https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics</a></p> <p>For more information about BICS, our offer and the types of presentations we work with, please check out our website:</p> <p> <a href="https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics">https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics</a></p>

<p><b>Health Education Partnership</b> Provide support and services to local authorities, schools and early years settings to improve the health and wellbeing of children and young people. There are courses on wellbeing, coaching, mindfulness, counselling and bereavement.</p>	<p>Call 08000 488 566 or visit   <a href="https://www.healtheducationpartnership.com/index.aspx">https://www.healtheducationpartnership.com/index.aspx</a></p>
<p><b>Barnet CAMHS is the Child and Adolescent Mental Health Service</b> The service has introduced a new helpline for people (including children and adults) experiencing a mental health crisis. You can call the number provided to get help or advice in a crisis from our trained mental health advisors and clinicians.</p>	<p>24 hours a day, 7 days a week, 365 days a year. Call 0300 0200 500   <a href="http://www.behcamhs.nhs.uk/help/">http://www.behcamhs.nhs.uk/help/</a></p>
<p><b>The Resilient Schools Programme</b> takes a whole-school approach to promote and build resilience in schools and address mental health concerns early on. Resilience in schools is seen when pupils, parents/carers and staff have a greater ability to “bounce back” when faced with difficulties so that they can achieve positive outcomes. The programme aims to:</p> <ul style="list-style-type: none"> <li>• Help staff, parents and pupils to recognise their own mental wellbeing needs and be confident to access information to support themselves and others</li> <li>• De-stigmatise mental health in schools</li> <li>• Intervene early to prevent escalation of mental health problems by providing: <ul style="list-style-type: none"> <li>- Youth Mental Health Training</li> <li>- Mindfulness Training</li> <li>- Self harm and Suicide Policy</li> <li>- Peer Mentoring</li> <li>- Pastoral Support Forum</li> <li>- Networking and Buddy Systems to share good practice amongst Barnet Schools</li> </ul> </li> </ul>	<p>Contact Jayne Abbott – Mental Health &amp; Resilient Schools Programme Manager Jayne.abbott@barnet.gov.uk Tel: 07849095164 / 020 83596026   <a href="https://www.barnet.gov.uk/working-children-barnet/information-schools/resilient-schools-programme/about-resilient-schools">https://www.barnet.gov.uk/working-children-barnet/information-schools/resilient-schools-programme/about-resilient-schools</a></p>

## Films, web-links and podcast resources

### Going back to school presentation and film for Primary, Reception and Year 1

This film and presentation is a helpful resource for teachers and school staff to talk through when returning to school – helps to tackle feelings of anxiety and worry about going back to school, missing friends, how school is safe and how to keep safe by washing your hands.

 [https://www.barnet.gov.uk/sites/default/files/back\\_to\\_school\\_campaign\\_-\\_primary\\_.pdf](https://www.barnet.gov.uk/sites/default/files/back_to_school_campaign_-_primary_.pdf)

 <https://drive.google.com/file/d/1zQdAW3OxYhuk71TK54Cowq0HvppvwnZB/view>

### Year 6 - Transitioning to secondary school

 <https://www.mentallyhealthyschools.org.uk/resources/find-your-feet-transitioning-to-secondary-school/>

 <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/#film-resource>

### Resources available teachers to help with resilience and mental health anxiety

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

 Helping children and young people to manage anxiety booklet that is a practical guide for school staff about how to support pupils during COVID-19 disruption” offers anxiety and resilience resource for the transition into recovery. <https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf>

### 7 ways to support children and young people who are worried

 <https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>

### Government resources for schools

 <https://campaignresources.phe.gov.uk/schools>

### BBC Bitesize

 Six ways to cope with lockdown loss – <https://www.bbc.co.uk/bitesize/articles/z7xyvk7>

## Young Minds



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

### Transitioning to secondary school - Finding your feet.



<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/#about-the-film>



<https://youngminds.org.uk/resources/school-resources/find-your-feet-transition-tips-for-parents/>

## Anna Freud Foundation



<https://www.mentallyhealthyschools.org.uk/media/2025/coronavirus-anxiety-toolkit.pdf>

### Our Time: Help for living with a parent with a mental illness



<https://www.youtube.com/watch?v=RvrNI85dNdI>

## Greif Encounter



<https://www.griefencounter.org.uk/serviceupdate/>

Call 0808 802 0111 Mon-Fri 9am-9pm

## Barnet Refugee Service: Youth Wellbeing Project



[https://c665d693-db94-4c31-a5a9-daaf584c9472.filesusr.com/ugd/a741da\\_0327c52b9c394209828f31373560e5fe.pdf](https://c665d693-db94-4c31-a5a9-daaf584c9472.filesusr.com/ugd/a741da_0327c52b9c394209828f31373560e5fe.pdf)

## Brook service



[https://c665d693-db94-4c31-a5a9-daaf584c9472.filesusr.com/ugd/a741da\\_833ff1c9b46f4618aa9a2614287d450f.pdf](https://c665d693-db94-4c31-a5a9-daaf584c9472.filesusr.com/ugd/a741da_833ff1c9b46f4618aa9a2614287d450f.pdf)

## No panic



<https://nopanic.org.uk/resources/>

Call 0844 967 4848 email Everyday - 10:00am - 10pm [info@nopanic.org.uk](mailto:info@nopanic.org.uk)

## Strength in Horses: What horses can teach us about coping with stress during lockdown



<https://www.learningthroughhorses.org/blog/what-can-horses-teach-us-about-coping-with-stress-during-lockdown>

## Strength in Horses: Managing Relationships - understanding emotions during lockdown



[https://c665d693-db94-4c31-a5a9-daaf584c9472.filesusr.com/ugd/a741da\\_44f35e9968cf45bab661dcddf318e99.pdf](https://c665d693-db94-4c31-a5a9-daaf584c9472.filesusr.com/ugd/a741da_44f35e9968cf45bab661dcddf318e99.pdf)

## Young Barnet foundation



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

Call 020 3621 6090 or 07810 371314 email address [info@youngbarnetfoundation.org.uk](mailto:info@youngbarnetfoundation.org.uk)

## Nip in the Bud

provides lots of free resources about mental health awareness for primary school teachers and parents. Short films and fact sheets can be accessed freely on the website. The content is provided by experts from the South London and Maudsley NHS Foundation Trust and from Great Ormond Street Hospital.



<https://nipinthebud.org/>