

Folders: Resources helpful to families / parents / teachers

A document to support EPs to signpost our resources suitable for adults.

Themes colour coded	Bereavement	COVID	Learning and Wellbeing	Long term impact	Supporting parents	Sleep	Transition	Worry/Stress	Wellbeing
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Themes	Name	Comment (e.g. type of article, length, ease of reading)	Audience
Bereavement	Child Bereavement UK: Managing Bereavement: A guide for schools https://www.childbereavementuk.org/managing-bereavement-a-guide-for-primary-schools	Guidance doc featuring practical ways of supporting YP with bereavement. Appropriate for primary and secondary. Lengthy but clear sections	All staff and ELSAs
Bereavement	https://www.winstonswish.org/bereavement-training-courses-schools/	Link to free training	All adults
COVID	Visual resources for explaining to children https://www.mindheart.co/descargables	Simple explanation. Lots of pages. Maybe less relevant now	All adults
Learning and Wellbeing	Approaches to supporting pupils wellbeing and learning during Coronavirus https://www.gov.uk/government/collections/case-studies-remote-education-practice-for-schools-during-coronavirus-covid-19	Case studies of settings / approaches used in settings to support face to face and remote learning (some may be out of date in relation to gov guidance)	Staff
Learning and Wellbeing	COVID-19: Advice for Adults Supporting Children and Young People http://search3.openobjects.com/kb5/middlesbrough/fsd/service.page?id=6D38YG22Mbg&familychannelnew=8	Middlesbrough EPS Guidance documents	All adults
Learning and Wellbeing	DECP Coronavirus and UK School Closures	Short guidance doc with guidance for parents and schools re supporting	All adults

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	https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf	children at home and in school (some may be out of date in relation to changing gov guidance)	
Supporting parents	Supporting parents and carers at home (pdf) https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-for-schools/	EEF article. How to support parents with school work at home.	Teachers
Support for parents (re learning)	Summary of resources https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_schools/Summary_of_Resources_-_Schools.pdf	One page doc with further links for parents re supporting learning at home – by EEF	Parents
Wellbeing	A Recovery Curriculum: Loss and Life for our children and schools post pandemic https://www.evidenceforlearning.net/recoverycurriculum/	Article	School staff and EPs
Wellbeing	An open letter to Year 11, from your English teacher https://www.tes.com/news/coronavirus-open-letter-year-11-your-english-teacher	Letter template to Y11 pupils	Staff
Wellbeing	FACE COVID E book – Russ Harris https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf	Short E book re supporting wellbeing with covid focus – based on ACT principles	EPs and Staff

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Wellbeing	MH Resource Pack https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckedit/attachments/6648/MHresource_pack_for_CWC_Teachers_during_COVID19April20.pdf	Guidance doc written by EPs with links to various other resources – focus for staff and YP well-being	EPs and Staff
Worry	Working with worries (pdf)	Messy. Could be useful for adults (ELSA) who work with cyp for idea. Probably better documents around though	ELSA
Stress	WHO Helping children with stress (PDF) https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2	One page. Clear. Simple	All adults
Stress	How worry effects your body https://www.webmd.com/anxiety-panic/ss/slideshow-worry-body-effects	Article re physiological symptoms/signs of stress on body – may be helpful for ELSA materials – accessible language	EPs