

## Support for pupils and parents in primary schools in relation to mental and emotional wellbeing



### Support to discuss COV-19 with children and young people

NSPCC have produced [a guide to coronavirus and supporting tools](#) if children and young people are worried.

The Children's Commissioners guide to coronavirus for children and young people can be accessed [here](#).

### Children and Parents

[Recovery college Online](#) - Providing a range of online information to people who might be struggling with mental health issues. There is a section for [under 12's](#) and [parents and carers](#).

**Key stage 2 pupils may benefit from [NHS suggested apps](#) to support mental health. This would need a parent / carer approval.**

### Support for Children

[Childline](#) has the [calm zone](#) which provides a toolbox of ideas to support emotions and express your ways.

Childline also provides a range of information and support on a number of issues. This includes support on [cyberbullying](#).

## **Physical activity**

It is important to remain physically active, the recommendation for children and young people aged 5-18 is to aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.

**Sport England** have produced some, 'Stay in, work out' section on [their website](#) which focused on tips, advice and guidance on how to keep or get active in and around your home for all age groups.

## **Parents**

### **The Go To Website**

A North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

### **North Yorkshire services and support**

Information on the universal, targeted and specialist services and support available in the different districts of North Yorkshire and access to the North Yorkshire Pathway of support for children and young people with self-harming behaviour and/or suicidal ideation

The government have released some specific [guidance for parents and carers](#) to support children and young people's mental health.

**Internet safety-** Children and young people may be having more screen time so it is important that they keep themselves safe online and parents and carers have an important role in this.

[Internet matters](#) provides a range of support for families to enable all family members to stay safe.

[Thinkuknow](#) has activities that parents can do with their children and young people to discuss keeping safe online for all age groups.

[Net-aware](#) is a parent's guide to social networks, apps and games to check out before letting your children use them.

## Website links

NSPCC guide to coronavirus and supporting tools: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Children's Commissioners guide to coronavirus for children: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Recovery College Online: <https://www.recoverycollegeonline.co.uk/>

Recovery College Online for under 12's: <https://www.recoverycollegeonline.co.uk/young-people/for-children/>

Recovery College Online for parents and carers: <https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/>

NHS apps to support mental health: <https://www.nhs.uk/apps-library/category/mental-health/>

Childline: <https://www.childline.org.uk/>

Childline Calm Zone: <https://www.childline.org.uk/toolbox/calm-zone/>

Childline support on cyberbullying: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

Sport England 'stay in work out': <https://www.sportengland.org/stayinworkout>

The Go To website: <https://www.thegoto.org.uk/>

North Yorkshire services and support: <https://www.northyorks.gov.uk/support-children-young-people-and-their-families#emot>

Government guidance for parents and carers to support children's mental health: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Internet Matters: <https://www.internetmatters.org/>

Thinkuknowhow activities for children: <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Net-Aware parents' guide to social networks: <https://www.net-aware.org.uk/>