

## Wellbeing Wednesday

This week's leaflet concentrates on preparing to return to school. This comes following the PM's announcement that in September we will have everyone back, which is great for all of our students and families, but will also mean we have to start to prepare in every way. The links you will find on these pages give tips for everyone in the family to help prepare to come back.

## House Competition Week

Just a reminder to get involved to earn valuable points! Don't forget the sack race too!

## UNICEF

This page concentrates on how we can navigate the different feelings we may have returning to school

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>



## RCOT

The Royal College of Occupational Therapists have put together some really useful guidance on preparing to return with links to other organisations. It also gives a link to how social stories may help.

<https://www.rcot.co.uk/preparing-your-child-returning-school>





## YOUNGMINDS

The team at YOUNGMINDS have also been thinking about how to help with the return to school. Their page is looking at how establishing routines again are important and advice around how to communicate how everyone is feeling.

They also have the usual links to all of their support services.

<https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/>

## Contacting School

If your child is unwell and cannot complete work set by school, please contact the absence line at [absence@wildern.org](mailto:absence@wildern.org)

### ***School Wellbeing areas***

A reminder that these can be found in each year group's members' area. Lots of valuable information and signposting to be found there.

# “Every Mind Matters, Every Student Counts”

## Mental Health Foundation

There is a lot of information on the MHF page. There is support for everything from bereavement to leaving school this year.

The links to their MHF youth ambassadors are particularly helpful if you want to see how other young people are feeling at this time about the changes ahead.

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown>



Mental Health  
Foundation

Good mental health for all