

Welcome Back to School Pack

Information and Guidance for Pupils,
Parents and Carers

June 2020

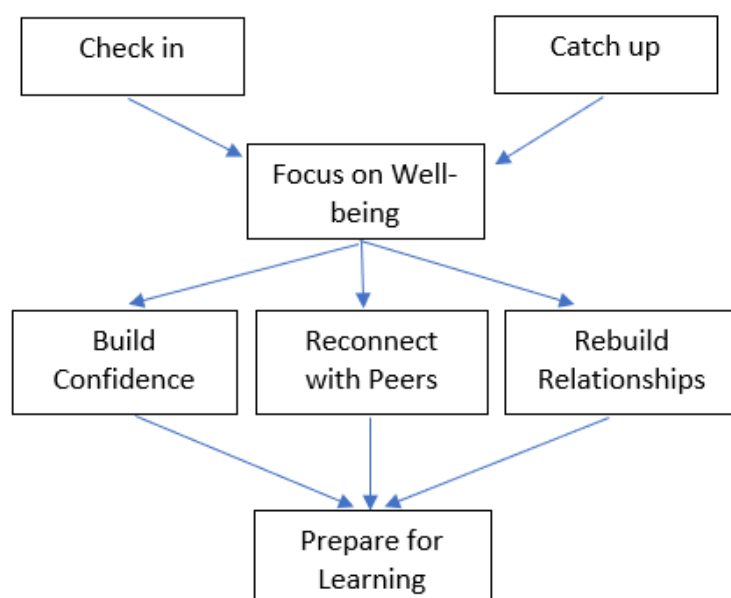


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Cyngor **Sir Gâr**
Carmarthenshire
County Council



Re-opening of Schools: The Purpose



Hello,
We have missed you!
It is good to see you again!
How are you?

We have prepared this welcome back to schools' pack for parents and pupils to help you return to school from the 29th of June.

Life during the COVID-19 pandemic will have been very different for children and families across Carmarthenshire.

You will have mixed feelings and lots of questions about your return. We have tried to answer some of these in the next sections.

We want to reassure you that schools will be making sure that everyone is kept safe, both physically and emotionally.

Lots of things will be familiar but we will have to get used to following some new routines to keep safe.

We will be focussing on some of the things we all might have missed:

- Re-establishing good routines;
- Re-connecting with friends and with staff;
- Re-settling to learn.¹

We may want to:

- Reflect on our experiences we have had
- Discuss some of them if you wish
- Reflect on our learning during lockdown.
- Get ready for a move to a new school, college or workplace

To support this focus on reconnecting and nurturing, schools will be engaging in activities that help us check in, catch up and prepare for September.



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The Curriculum & Wider Purposes of Learning

The Curriculum for Wales emphasises positive relationships and effective communication skills as the foundation for success in learning and life. The skills associated with this will be a key focus in school or at home at present, including:

- 1. Active listening**
- 2. Confident Communication**
- 3. Meaningful discussions and reflective conversations**

¹Bomber, L. and Hughes, D. (2013) Settling Troubled Pupils to Learn: Why Relationships Matter in School. United Kingdom: Worth Publishing.

² Seligman, M (2011) Flourish: A New Understanding of Happiness and Wellbeing – and how to Achieve them. New York, USA: Free Press

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Introduction

'Lockdown' will have provided opportunities for families to spend more time together; however, it may also have been a stressful time for many families. The recent announcement by the Minister for Education in Wales regarding the reopening of schools on the 29th June 2020 is an important and hopefully welcome step to returning to a 'new normal'.

You and your child will have many questions about what a return to school in Carmarthenshire will look like. This guidance has been prepared for parents and carers to help you prepare your child for a successful return to school.

Schools as safe places to re-connect and re-settle

During the time of the COVID-19 pandemic and school closures, many parents will have taken on the role of teacher as well as parent. This will probably not have been easy, particularly if you have been working from home and may have been expected to juggle the demands of work and childcare responsibilities. You may well have found it difficult to maintain a good routine and to motivate your child to engage positively and productively with remote learning or you may have found the experience a positive one-everyone is different! Some things might have worked and have been enjoyable!

School will offer the opportunity to re-connect and re-settle into our journey back to normality.

How you and your child might be *thinking and feeling*

You may well be feeling relieved at the announcement that schools will re-open. This relief may be mixed with feelings of worry and concern – what situation is my child going back to? Likewise, children returning to school are likely to be experiencing a range of emotions. This may include a mixture of excitement, happiness and relief but may also include worry and fear. Be assured that all these feelings are normal and natural during times of change and transition.

Schools and specialist settings will now be doing their utmost to plan and prepare for re-opening and to ensure that your child's return to school is safe, positive and person centred. Some children and families may have felt isolated during lockdown³ and so re-establishing relationships will be front and centre of school planning.

³ Surviving Isolation during COVID-19 (2020), Cardiff and Vale University Health Board

What Can You do to Support Your Child to Return to School? ⁴

Be Calm.

Ease your anxiety first. Your child will take their lead from you and they will be reassured if you are steady and matter of fact.



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe; washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Supportive.

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them throughout the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a small object or something special to remind them of you through the day helps, but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom and school environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.

Be Curious.

These are strange and unprecedented times and their imagination may run away with them. Listen to your child and what they are communicating. Try not to dismiss or minimise their fears but try and validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that". Provide reassurance.

Be Thankful.

Help your child to think of things they are looking forward to when they return to school e.g. being with their friends, seeing their teacher, favourite activities (but be mindful that some of these may not be available for them).



⁴ Infographic adapted from www.traumainformedschools.co.uk

Frequently Asked Questions (FAQs)

Is it safe for my child to go back to school?

Re-opening safely will be the school's main priority.

All schools have developed clear risk assessments, rules and routines to support the health and safety of all on return to school. These will include:

- **Social distancing measures**
- **Hand washing and sanitising routines**
- **Regular cleaning of high touch areas**
- **Cough and sneeze routines**
- **Clear expectations of behaviour towards others**

Will staff and pupils all need to wear PPE to attend?

Due to schools being low risk environments, pupils and staff will not be required to wear PPE, however there may be some instances where it is required. Schools have been issued with clear Health and Safety guidelines about when and where PPE may be required.

Might the school environment and school day have changed?

Yes! But in as friendly and supportive way as possible! More information about what to expect is in the pupils' section to discuss with your child.

Your child's own school will update you on this information as soon as they have completed their specific planning.

Will I need to supply a pack lunch?

Your child will need to bring her/his own packed lunch to school or a bottle of water and healthy snack – depending on the school day.

Will my child still be able to access learning if they do not return before September?

Yes. Online remote learning will continue via the HWB platform and your child's school will continue to communicate with you until the end of the school term. The aim is for every pupil, whether they return to school or not, to 'stay learning'.

My child is feeling very worried about returning to school.

Our aim is to make the return to school as normal as possible. Moreover, we want the positive experience of connecting and communicating with peers and teachers to be the focus of our return. However, your child may feel:

- reluctant to leave the security of home after the extended contact with parents and carers
- anxious at extended contact with people beyond his/ her home
- heightened anxiety caused by the continued emphasis on social distancing and what it means about his/ her safety outside the home

These are difficult but normal responses to experience.

Teaching and support staff will be ready to give individual reassurance and support to children experiencing these or related feelings. Together with the school environment changes, we will be doing everything to make this a safe and positive experience.

How will my child be comforted if they are upset in school?

When staff can't give physical comfort, staff can still do a lot to provide comfort from a distance. Staff can use comforting language and tone of voice; and can reinforce the message that school is a safe and happy place. Staff can validate a child's feelings and provide reassurance and let them know that it is ok to have worries. eg bear hug gestures.

My child has Additional Learning Needs. How will they be supported?

Children with additional learning needs may have been affected more significantly by the changed circumstances resulting from COVID-19. They may have found it difficult to adjust to a new and different situation without the daily structure of school to support them.

Schools will continue to work with professionals and other agencies such as Educational and Child Psychologists (ECPs), Behaviour and Community Support Teachers (BCST), ALN Advisory Teachers etc. to support the needs of pupils with additional learning needs.

I am worried that my child will have fallen behind in their learning. What will the school be doing to help them catch up?

All children will have had different experiences of home learning during the period of lockdown. Learning from home is not the same as learning at school. Schools will be assessing what gaps a child may have in his/ her learning and using this 'catch-up' to plan to address these from September.

What will my child be taught when they return to school?

As outlined in the introduction, schools will be focusing on re-establishing relationships and reducing any worries about returning to school:

- In foundation phase the focus will be on providing rich play experiences to re-establish friendships.
- The focus in primary and secondary will be on providing a varied timetable of activities with the emphasis on wellbeing and communication skills
- For Year 10 and 12, staff will probably focus on preparing pupils for September

I have heard mention of blended learning - What is this?

With pupils only attending school for part of the school week, blended learning will be an important feature of how schools will operate over the coming weeks and months.

- Blended learning is an approach to learning that combines in-class (school-based) and online (home-based) learning experiences.
- Each online and offline session will complement the other.
- There will be an opportunity for using the time spent in school to find out what support will be needed to make sure that blended learning works well.

I am still unsure about sending my child back to school.

This will be a personal decision for you and your family to make; however,

- This is an opportunity for children to have dedicated time with teachers and classmates.
- This time will help to get children and teachers ready for their school experience in September.
- This will be a chance for Year 6 pupils to say goodbye to their friends and staff in primary school and to prepare for the transition to secondary schools.
- Families **will not be fined** if they do not send their children to school this term.

Will the Childcare Hubs be open?

Childcare will be provided at each individual school and children of key workers, currently attending hubs, and vulnerable children will now go to their normal school alongside other children. This will be planned for on a needs-led basis by your child's school.

What if our household is shielding?

You may be safe to come to school, but you need to refer to Welsh Government and Public Health Advice

We hope that you have found this information helpful in supporting you to make decisions during this time of transition.

Related Links and Further Reading

Read the latest news and updates from Carmarthenshire County Council's newsroom
<http://newsroom.carmarthenshire.gov.wales/>

Information for families in Carmarthenshire
<https://fis.carmarthenshire.gov.wales/>

Welsh Government website with updated guidance and information relating to school
<https://gov.wales/schools-coronavirus>

Children's Commissioner for Wales
<https://www.childcomwales.org.uk/>

Provides wellbeing information for people in Wales
<https://www.dewis.wales/>

Advice and support relating to mental health
<https://www.mind.org.uk/about-us/mind-cymru/>

Advice on returning to school
<https://www.nspcc.org.uk/keeping-children-safe/away-from-home/at-school/>

Supporting the emotional wellbeing of young people
<https://youngminds.org.uk/>

Welcome Back!



Pupil Pack – Helping you prepare for school:

It has been several months since you last attended school and you may be experiencing a range of emotions: excitement, curiosity and worry.

Experiencing an emotion such as worry is very normal, and you will not be the only one that will be feeling like this; there will be many other children and young people returning to school who will be in the same position as you.

Lots of things will be just the same with some changes made to keep you safe.

Please feel comforted that Pastoral Care will be in place at your school if you feel that you will need emotional support.

Access to support lines and self-care apps that can support you with such feelings are available on page 13 of this section in addition to a list of useful books within the Appendices section.

The Boost from going back to school!

Returning to school offers many benefits to your mental, emotional & physical well-being!

Back at school you will be able to re-connect with classmates and teachers who'll be happy to see you, have opportunities to spend time and communicate with them and share your experiences of COVID-19.

You'll also have opportunities to learn in the outdoors and take part in physical and creative activities all of which will boost your well-being.

Attending school will also re-establish a routine that perhaps may have been lost since the 'Lockdown', this too will promote your mental and emotional well-being further.

Why are schools re-opening and how can I get ready?

To Check-in, Catch-up and Prepare for learning: discuss with your teacher the support you need/ would like for learning. They will also inform you about what learning will be like in September, especially if you are moving to secondary school.

All schools are different. Your head or class teacher will contact you before re-opening and provide you with the following information:

- **Order of the school day: start and finishing times**
- **Which day(s) you will be attending**
- **Who your teacher and classmates will be**
- **At which part of the school site you will need to enter in the morning and leave at the end of the school day (drop offs and collection points)**
- **Eating arrangements**
- **What items you will need to bring to school**
- **What you will be learning**
- **Whether you will need to wear your school uniform**

So, what precautions and rules have been put into place?

Your teacher will explain the new safety rules and boundaries; model good practice and remind you of what you can and cannot do.

- The school will be cleaned and sanitised thoroughly before re-opening, after certain activities, throughout the day and at the end of every day or session.
- Floor markings will be placed from the school gates, along paths and routes into school showing where you'll need to be dropped off and collected.
- 2 metre distancing measures and signs put into place to keep everyone at a safe distance
- 1-way routes may have been set up to ensure social distancing.
- School corridors will have signs and arrows showing you which direction you can travel around school
- There will be different start, finish and break/ lunch times for classes
- More opportunities to learn outdoors.
- Plenty of handwashing facilities.
- Hand sanitising stations set outside every classroom: you will be expected to sanitise your hands every time you enter a class.
- Tissues must be used to catch sneezes and coughs, placed in a sealed bin and hands must be washed immediately after.
- **HAND WASHING IS YOUR BEST DEFENCE-SEE THE GUIDANCE!**



If you begin to feel unwell and think that you are experiencing some symptoms of COVID-19 such as sore throat, a new continuous cough, aching muscles and feeling hot, please inform your class-teacher or a member of staff immediately. Your teacher will take you to a safe and comfortable room where you can rest whilst waiting for your parents / carers to collect you.

What changes will have been made to your class?

- You may be taught in a different classroom and/ or by a different teacher
- It is likely that you will remain in the same classroom during your sessions at school
- The number of classmates will be lower than usual; therefore, a lot of your classmates will be in other classrooms. This will allow you to have more dedicated time from your teacher.
- Classrooms will be spacious to ensure the distancing rule
- You will not be able to sit as closely to your classmates as before; however, you will be able to wave, chat and play / interact with them from a short distance.



How will you travel to School?

Active travel such as walking, cycling and scooting would be the best way to travel to and from school to maintain social distancing. If active travel is not possible, your parents will have to make other transport arrangements for you.

If your parents are unable to do this and you require public transport, contact your school who will be able to assist you.



What items will you need to bring to school?

Contact your class teacher regarding any extra items you will need to bring to school but you will definitely need:

- **Healthy snack and packed lunch: EVERYONE MUST BRING A PACKED LUNCH.**
- **A packet of pocket-sized tissues**
- **Bottle of water with a label with your full name**
- **Medication & Mobility Aids**
- **Wear Clean Clothes**
- **Positive Attitude!**

Do not bring your own items from home such as a pencil case as your class teacher will provide you with everything you need for learning. Do not bring any other personal items with you that are not essential.

What will you be learning & doing?

A nurturing programme has been created for you to ensure that you will have opportunities to promote your mental, emotional and physical health so that you will then be ready to learn.

You'll have opportunities to:

- Settle in and adjust to the new school rules and routine
- Discuss any worries or concerns you may have
- Learn how to keep healthy and safe
- Re-connect with those in your class through fun friendship, creative & team-building activities
- Take part in physical activities and games
- Learn in the outdoors & connect with nature
- Take part in rest & relaxation activities
- Develop confidence in using new digital skills & other key skills needed for future learning

What can I do to prepare myself for going back to school during the Covid-19 pandemic?

Physical Safety

Correct Hand Washing: Practice the correct hand-washing technique whilst at home with your family by watching this hand-washing video available on the NHS website:

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Be sure to use this technique whilst washing your hands at school. Scientific evidence shows that handwashing is the most effective way of reducing the risk of catching and spreading diseases such as COVID-19. Try not to touch your mouth, nose and eyes as these are the places where disease can enter the body.

Sneezing & Coughing: Catching a sneeze or a cough with a tissue over your mouth is the safest and best way to reduce the spread of diseases. If you do not have a tissue, then the best way is to sneeze into your sleeve, this method is called the 'Dracula sneeze'. Remember the phrase **Catch it, Bin it, Kill it.** <https://www.facebook.com/watch/?v=1662404137130262>

Current 2-metre distance rule: Practice the 2-metre distancing rule at home with your family so that you will know how much distance to keep between you, your classmates and your teacher.

Emotional Safety

Feeling worried:

It's normal to feel worried during times of uncertainty. If you are feeling worried or anxious about returning to school have a chat with your parents/carers or trusted adult so that they can help you. You could also inform a teacher by phone or e-mail about any worries that you have or emotional support you need so that they can have an opportunity to put your mind at ease and put the relevant support in place.

Separation anxiety:

Feeling worried and anxious about leaving your parents / carers and your home to go back to school is natural. You have been spending a lot of time with them over the last few months and the thought of leaving them may be scary. If you are experiencing separation anxiety tell your family and a teacher at your school so that they can support you with these feelings.

Calming techniques:

Breathing exercises, mindful colouring in/art, positive self-talk, squeezing a stress ball, listening to your favourite music, guided meditation and exercise are different ways of helping you to remain calm or calm-down.

Coping Toolbox / Well-being toolkit:

Why not create your own coping toolbox or well-being toolkit in preparation for your return to school and share it with your teacher.

<https://www.bcbe.org/cms/lib/AL01901374/Centricity/Domain/1760/Coping%20Skills%20Toolkit.pdf>

https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d_fbfe78e9b19147f38db1731f04cb937c.pdf

Support Lines & Self-Care Apps:

There are many support lines that you can contact if you don't feel comfortable sharing your worries with family members or teachers. There are also self-care apps that you can download to your mobile phone that can teach you how to cope with your anxiety. Your parents can download and share these with you, if you are not able to.

Secondary School pupils

<https://fis.carmarthenshire.gov.wales/wp-content/uploads/2020/06/Llinellau-Cymorth-ar-gyfer-disgyblion-CA3-a-4-CORRECT-22.5.20-Cynllun-Ysgolion-lach.pdf>

Primary School pupil

<https://fis.carmarthenshire.gov.wales/wp-content/uploads/2020/06/Llinellau-Cymorth-ar-gyfer-disgyblion-CA3-a-4-CORRECT-22.5.20-Cynllun-Ysgolion-lach.pdf>

How will the staff at school comfort me if I get upset?

Although the staff at your school will not be able to give you physical comfort, they will be able to comfort you in several ways from a short distance. They will use comforting language and facial expressions that will reassure you that everything will be fine as well as providing you with opportunities to use any self-care practices that you use to help control your emotions.

What if I injure myself at school – How will I be comforted and given first aid?

If you do injure yourself at school and require first aid treatment, a trained member of staff will treat you. The trained member of staff will be wearing the required protective clothing to reduce the risk of illnesses spreading through any cuts or scrapes that you have or as a result of close contact between yourself and the first aider. Please remember to wash your hands immediately after treatment.

I have ALN, will I still be able to access the support I need?

Despite the current conditions that your schools will be operating under as a result of COVID-19, key staff will continue to support you with any Additional Learning Needs that you have and continue to work with other professionals such as Educational Child Psychologists, Behaviour & Community Support Team and ALN Advisory Teachers. Please be assured that your school is working very hard to ensure that you will continue to have the support that you need.

Your behaviour

The reopening of schools is about welcoming learners like you back into the school environment. It is an opportunity to rebuild and maintain positive and respectful relationships and to work together as a team during this unfamiliar time. Your behaviour in school is very important and even more so now than usual your behaviour will affect all those around you. Do your best to avoid putting yourself, friends and teachers at risk, and behave appropriately as it will make everyone feel safe.

Everyone will be having mixed thoughts and feelings about returning to school. Listen and be ready to help anyone you think is struggling. Don't bottle things up-ask for help if you need it!

If you think the new changes and rules in schools may cause you to feel anxious, angry or aggressive, please tell a teacher: a self-care plan can be introduced to support you in coping with these feelings and behaviours if needed. We always need rules and boundaries in school so everyone can work, share together and focus on achieving their goals-you need to play your part.

Golchwch eich dwylo yn effeithiol gan ddilyn y 9 cam yma:

Wash your hands correctly by following these 9 steps:

Gwlychwrch eich dwylo

1



Wet your hands

Defnyddiwch sebon hylif

2



Use liquid soap

Ymolchwch dedr i glodr

3



Wash palm to palm

Ymolchwch rhwng y bysedd

4



Wash between your fingers

Ymolchwch gafn eich dwylo

5



Wash the back of your hands

Ymolchwch gafn a blaen eich bysedd

6



Wash the back and front of your fingers

Ymolchwch eich bodtau

7



Wash the base of your thumbs

Rinstwch eich dwylo

8



Rinse your hands

Sychwch eich dwylo

9



Dry your hands



https://fis.carmarthenshire.gov.wales/wp-content/uploads/2020/06/SD0079_schools_hand_washing_guidance_younger.pdf

Golchwch eich dwylo yn gywir gan ddilyn y 12 cam yma:

Wash your hands correctly by following these 12 steps:

<p>Gwlychwech eich dwylo gyda dŵr</p> <p>1</p>  <p>Wet hands with water</p>	<p>Defnyddiwch ddigon o sabon i orchuddio'r dwylo</p> <p>2</p>  <p>Apply enough soap to cover all hand surfaces</p>	<p>Rhwbitwch glodrau'r dwylo yn erbyn ei gilydd</p> <p>3</p>  <p>Rub hands palm to palm</p>	<p>Cledr y llaw dde dros gafn y llaw chwith a bysodd ynghyd, ac i'r gwrthwylod</p> <p>4</p>  <p>Right palm over left dorsum with interlaced fingers and vice versa</p>
<p>Cledr yn erbyn cledr gyda'r bysodd wedi'u plethu</p> <p>5</p>  <p>Palm to palm with fingers interlaced</p>	<p>Cofn y bysodd yn erbyn clodrau'r llaw arall gyda'r bysodd ynghyd</p> <p>6</p>  <p>Backs of fingers to opposing palms with fingers interlocked</p>	<p>Rhwbio'r bys bowd chwith yng ngafael y llaw dde, ac i'r gwrthwylod</p> <p>7</p>  <p>Rotational rubbing of left thumb clasped in right palm and vice versa</p>	<p>Rhwbio'r bysodd yn ôl ac ymlaen ac mewn slip cylch gyda'r llaw dde ar glodr y llaw chwith ac i'r gwrthwylod</p> <p>8</p>  <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa</p>
<p>Rinshwch y dwylo â dŵr</p> <p>9</p>  <p>Rinse hands with water</p>	<p>Sychwch yn drylwyr gan ddefnyddio tywel defnydd sengl</p> <p>10</p>  <p>Dry thoroughly with a single use towel</p>	<p>Defnyddiwch y tywel i ddiffodd y tap</p> <p>11</p>  <p>Use towel to turn off faucet</p>	<p>...ac mae eich dwylo'n ddiogel</p> <p>12</p>  <p>...and your hands are safe</p>

https://fis.carmarthenshire.gov.wales/wp-content/uploads/2020/06/SD0079_schools_hand_washing_guidance_older.pdf



EI DDAL

CATCH IT



EI DAFLU

BIN IT



EI DDIFA

KILL IT



twitter.com/CarmsCouncil



facebook.com/carmarthenshirecc

sirgar.llyw.cymru

carmarthenshire.gov.wales

Cyngor Sir Gâr
Carmarthenshire
County Council

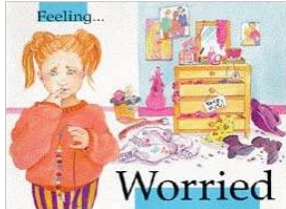


A list of useful books

Pupils aged 4-7 years of age

Feeling worried by Sally Hewitt

https://www.amazon.co.uk/Worried-Feelings-Sally-Hewitt/dp/0749625988/ref=sr_1_1?dchild=1&keywords=Feeling+worried+by+Sally+Hewitt&qid=591401182&s=books&sr=1-1



Find Your Calm by Gabi Garcia

https://www.amazon.co.uk/Find-Your-Calm-Mindful-Approach/dp/1949633128/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1590655151&sr=1-3



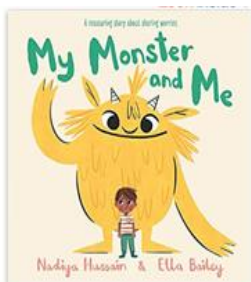
The Huge Bag of Worries by Virginia Ironside

https://www.amazon.co.uk/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171/ref=sr_1_1?crid=1MJQZVLFF42IT&dchild=1&keywords=huge+bag+of+worries&qid=1592184436&srefix=Huge+bag+of+worr%2Caps%2C154&sr=8-1



My Monster and Me by Nadiya Hussain

https://www.amazon.co.uk/s?k=My+monster+and+me&ref=nb_sb_noss_2

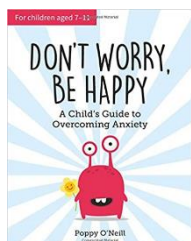


A list of useful books

Pupils aged 7-11

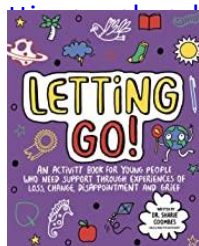
Don't Worry Be Happy by Poppy O'Neil

https://www.amazon.co.uk/s?k=don%27t+worry+be+happy+by+poppy+o%27neill&ref=nb_sb_noss



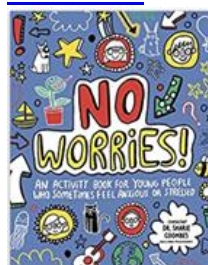
Letting Go by Sharie Coombes

https://www.amazon.co.uk/s?k=letting+go+sharie+coombes&crd=QE8AK3BFQ0RF&sprefix=le+ti+sharie%2Caps%2C155&ref=nb_sb_ss_i_1_20



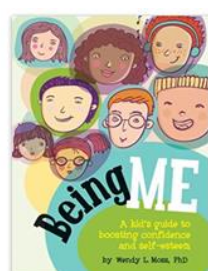
No Worries by Sharie Coombes

https://www.amazon.co.uk/No-Worries-Mindful-Kids-sometimes/dp/1787410870/ref=sr_1_5?crd=2NEMYZB5UAY6G&dchild=1&keywords=no+worries+sharie+coombes&qid=1592183092&sprefix=no+worries+by+sharie+coombes%2Caps%2C169&sr=8-5



Being Me by Wendy L. Moss

https://www.amazon.co.uk/s?k=Being+me+by+Wendy+L+Moss&ref=nb_sb_noss



A list of useful books

Secondary school aged pupils

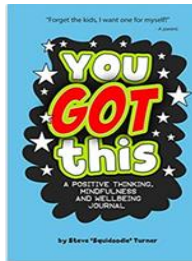
Be Happy Be You by Various Authors

https://www.amazon.co.uk/s?k=be+happy+be+you+the+teenage+guide&crid=2ZKJW04JK38DA&srefix=Be+happy+be+you%2Caps%2C157&ref=nb_sb_ss_i_4_15



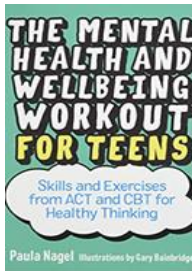
You Got This by Steve Turner

https://www.amazon.co.uk/You-Got-This-Mindfulness-self-confidence/dp/1081827637/ref=sr_1_9?dchild=1&keywords=you+got+this&qid=1592185153&sr=8-9



The Mental Health and Wellbeing Workout for Teens by Paula Nagel

https://www.amazon.co.uk/Mental-Health-Wellbeing-Workout-Teens/dp/1785923943/ref=sr_1_3?dchild=1&keywords=the+mental+health+and+wellbeing+workout&qid=1591096665&s=books&sr=1-3



Positively Teenage by Nicola Morgan

https://www.amazon.co.uk/s?k=positively+teenage&crid=70SCIEU6EGVJ&srefix=Positivley+teenage%2Caps%2C155&ref=nb_sb_ss_sc_1_19

