

Supporting children's mental health as schools re-open

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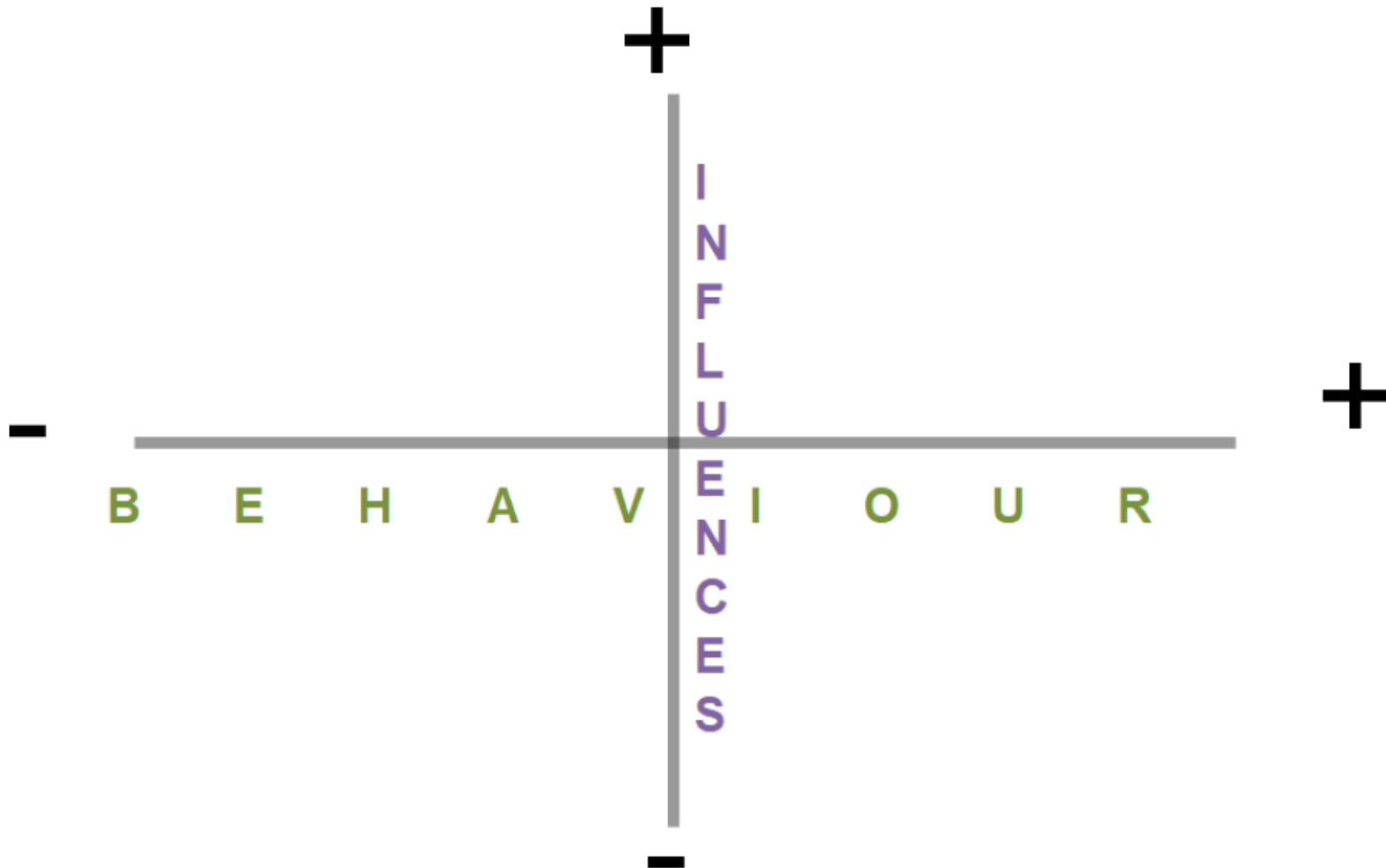




Behaviour is strongly related to mental health

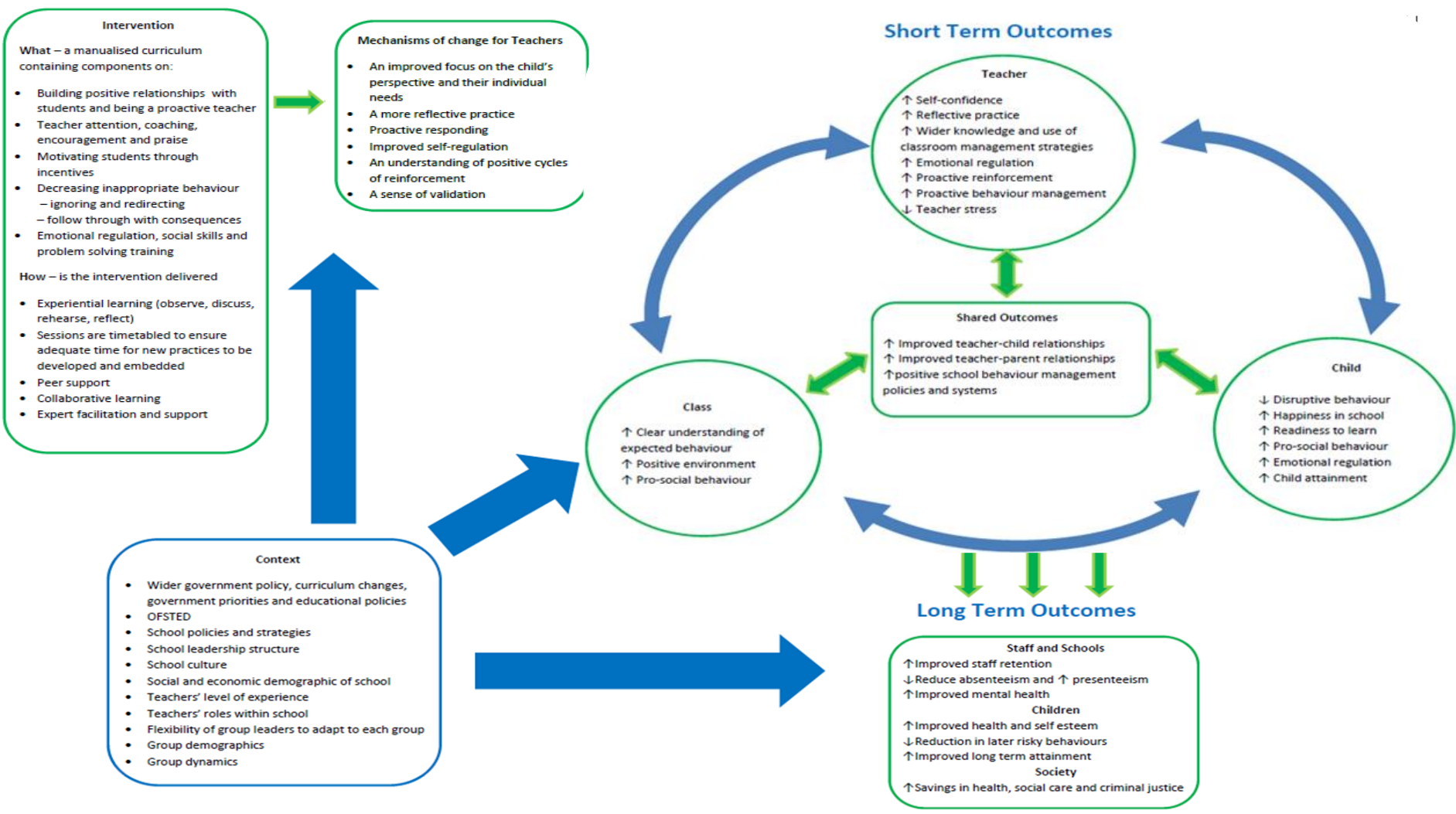
Recommendation 1	Know and understand your pupils and their influences	8	
Recommendation 2	Teach learning behaviours alongside managing misbehaviour	16	
Recommendation 3	Use classroom management strategies to support good classroom behaviour	20	
Recommendation 4	Use simple approaches as part of your regular routine	24	
Recommendation 5	Use targeted approaches to meet the needs of individuals in your school	28	
Recommendation 6	Consistency is key	32	

Behaviour & Influence



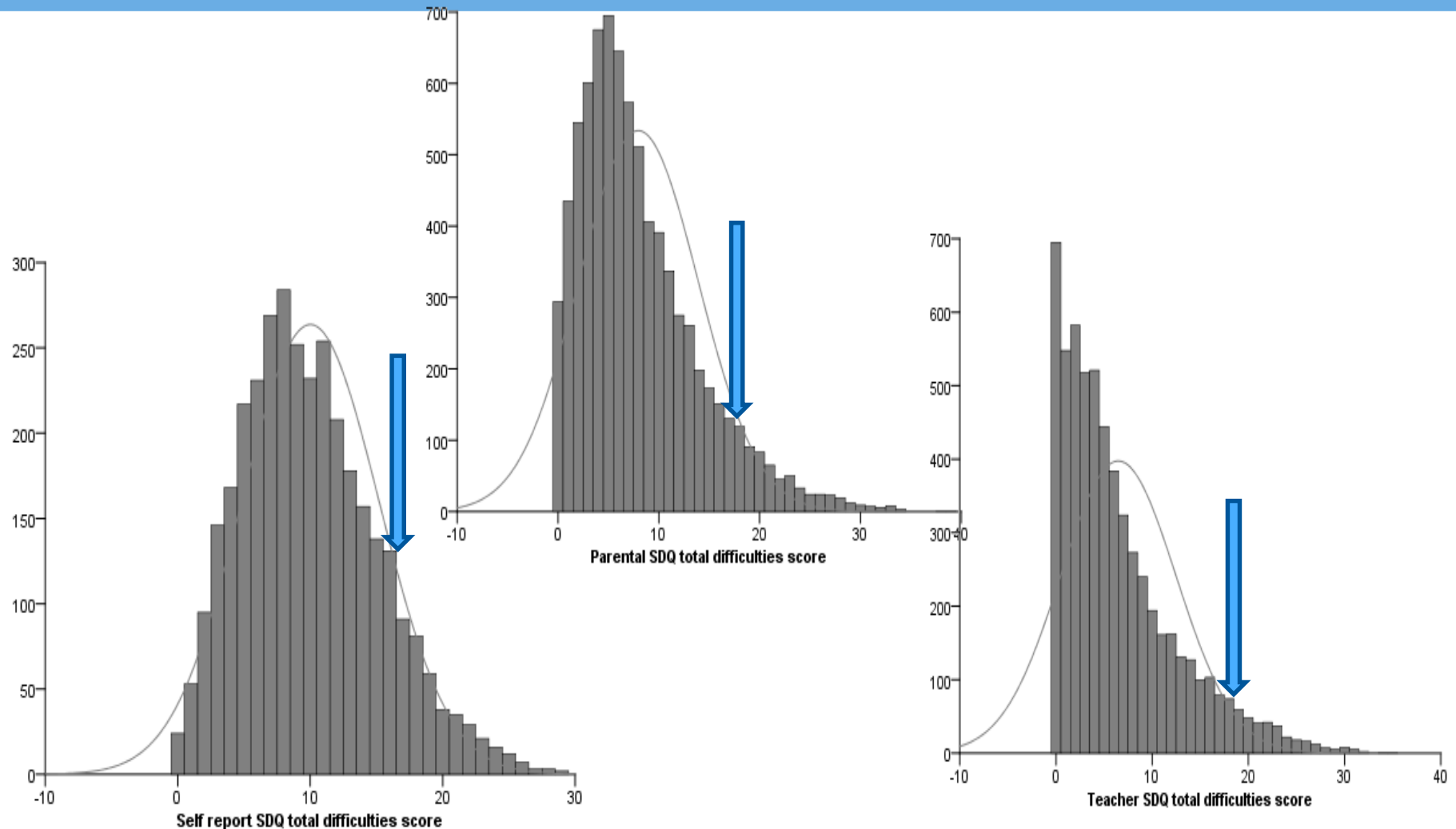
Factors that influence mental health and schools' role

Manage directly	Identify & influence	To be aware
Relationships in school	Relationships out of school	Home life
Teaching and learning environment	Home life	Culture
School organisation	Stress levels and coping skills	
Attitudes and self-concept	Behaviour out of school	
	Cognitive ability	
	Nutrition	
	Out of school social support	





Those with mental health conditions are not a totally separate group; most are likely to cope well



Vulnerable groups to consider

Those with pre-existing mental health conditions may have felt better at home

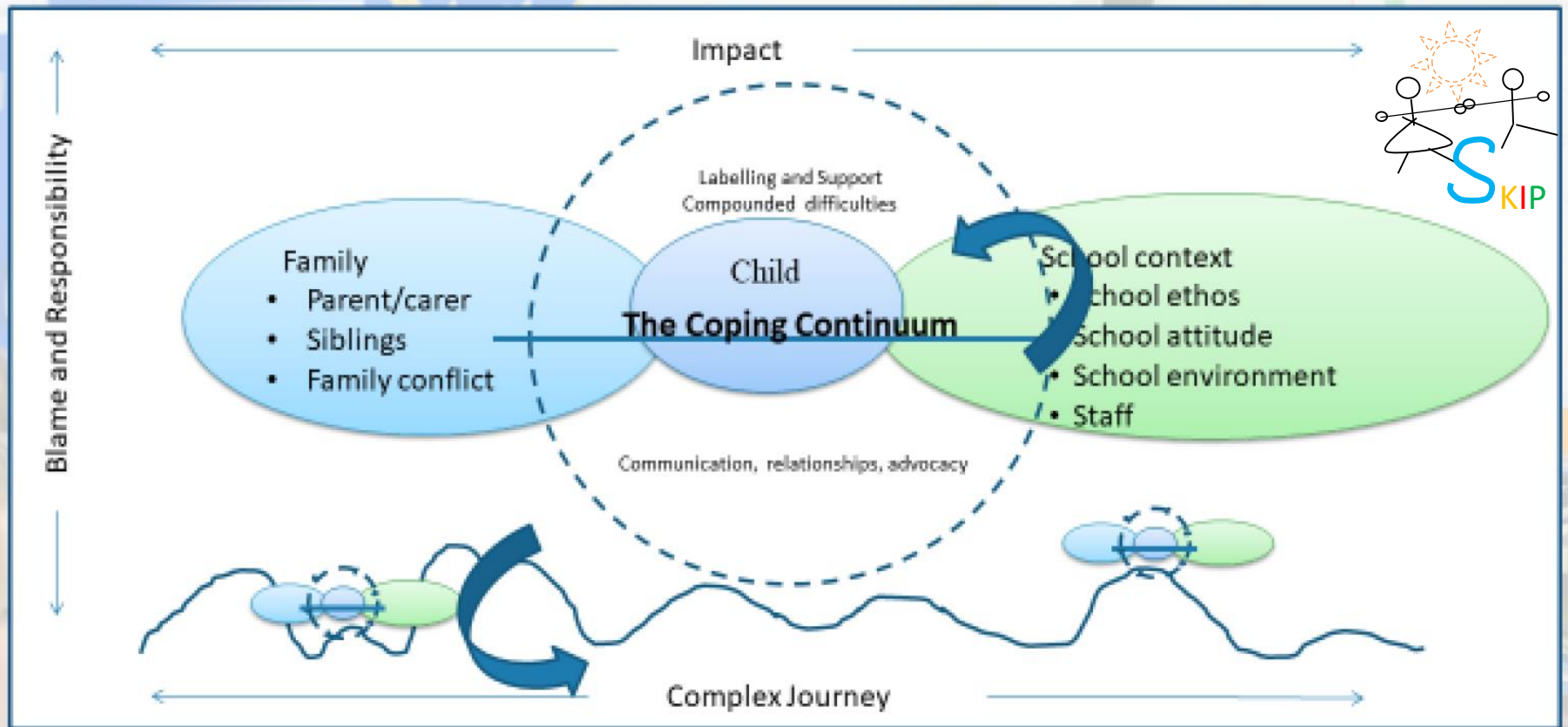
- Anxiety / depression may reduce attendance

Those with adverse experience

- Infection – may have neuropsychiatric effects and trauma
- Bereavement
- Financial strain

Those with SEND

- ASC will struggle with change



Useful information

- <https://www.minded.org.uk/>
- <https://www.acamh.org/learning/>
- <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>
- <https://www.mentallyhealthyschools.org.uk/>
- <https://educationendowmentfoundation.org.uk/tools/guidance-reports/improving-behaviour-in-schools/>
- CYP mental health survey 2017 <https://digital.nhs.uk/data-and-information/areas-of-interest/public-health/national-study-of-health-and-wellbeing-children-and-young-people>

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