

ADVICE FOR SCHOOLS DURING COVID-19

How can schools support children and young people through this challenging time?

We recognise that any child may feel highly anxious at a time like this so here are a few ways of helping to alleviate some of their anxieties. Below you will find guidance for schools to pass on to parents via homework apps, social media or email.

Guidance for teachers

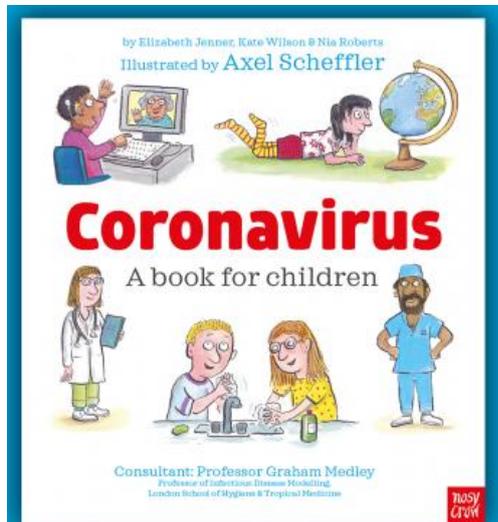
- Keep in touch with your pupils wherever possible, a short message from you can reassure them that you are still here and will be there for them when all of this is over. This can be done in a variety of ways including telephone, video call, letter or postcard.
- Offer age appropriate information about what is going on, children need to have an understanding of why their normality has been affected and given reassurance that things will eventually go back to normal, i.e. school will reopen when it's safe to do so.
- Provide work that focuses on the child's emotional wellbeing as well as their learning needs. School work is likely to be a good distraction for most children, but please remember their routine is likely to be disrupted right now and therefore concentration levels may be affected.
- Activities that can help an anxious child include relaxation, or having an hour of colouring can be useful for a child of any age.

Self-care

- Please remember to look after your own mental health during this difficult time. Keep in touch with friends and families to talk about any worries you have.
- Please reach out if you require more support.
- **Free 24-hour listening support: Samaritans** are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult. **Call free on 116 123**

Helpful resources

Coronavirus – A book for children is a [free resource available to read online](#) or have printed for primary school children.



The book answers key questions in simple language appropriate for 5 to 9 year olds:

- What is the coronavirus?
- How do you catch the coronavirus?
- What happens if you catch the coronavirus?
- Why are people worried about catching the coronavirus?
- Is there a cure for the coronavirus?
- Why are some places we normally go to closed?
- What can I do to help?
- What's going to happen next?

Beam

Beam is an [emotional health and well-being service](#) run by The Children's Society. It is available to 0–18 year olds and offers telephone support from trained Wellbeing Practitioners, helpful tips and hints, and an Advice Hub.

COVID-19 Care Cards are a positive self-care resource that can be printed and completed on a daily basis to help establish some sense of routine during this difficult time – [click here to download](#).

