

### **Purpose**

The purpose of the One Minute Guide is to provide an overview of useful considerations and resources for educational setting staff when planning and responding to emerging needs during and post the Covid-19 pandemic. The information is grouped under the following headings – key local resource pages, educational setting staff, children and young people, parent / carers, transitions back into educational settings and loss and bereavement.

### **Key considerations**

The Covid-19 pandemic has had, and will continue to have, an impact on all aspects of our lives. This includes an impact on our mental health, learning, responses to life events and many other areas. It is recognised that a range of responses are a normal reaction to an abnormal event which will be observed to a greater or lesser extent within our community.

During the Covid-19 pandemic, many useful documents, resources and advice have been shared to support educational settings in how they manage aspects of their work. In some ways, this can be overwhelming and add to anxieties about what they should and should not be doing or what they could be doing. During times of anxiety, it can often be difficult to approach situations in a calm and rational manner. This is normal. This One Minute Guide has been drawn up as a reference to key resources which we, in the Educational Psychology Service, have identified as being helpful as a starting point. This does not mean that other resources are not useful but serves as a means of focus when trying to work out where to start in supporting the educational setting community.

Key to all support is

- Acknowledgment – acknowledging what has happened as being unprecedented.
- Acceptance – accepting what has happened and that the different responses we observe are normal in response to an abnormal situation.
- Action – taking appropriate action based on identified needs.

Many thanks to all of the professionals and organisations who have given permission for their resources to be shared here and helped to collate this guide.

**Bath & NE Somerset Educational Psychology Service**

01225-394901 [psychology\\_service@bathnes.gov.uk](mailto:psychology_service@bathnes.gov.uk)

## Key local resource pages

Bath and North East Somerset's 1 Big Database contains many useful links to resources and information

<https://www.bathnes1bd.org.uk/pages/coronavirus-covid-19>

- Bath and North East Somerset's Rainbow Resource Professional's section is for professionals working with children / young people with SEND or additional needs. Parents are welcome to look through.

<https://www.rainbowresource.org.uk/pages/professional-section>

- Emotional and Mental Health support – a flow diagram for schools to use when seeking support

<https://5f2fe3253cd1dfa0d089->

[bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6946/BathNES Emotional and Mental Health Support Services 004 FINAL.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6946/BathNES%20Emotional%20and%20Mental%20Health%20Support%20Services%20004%20FINAL.pdf)

## Educational setting staff

- Using psychological perspectives to support re-engagement and recovery – The British Psychological Society has produced an excellent guidance document

<https://www.bps.org.uk/coronavirus-resources/public/back-to-school>

- Helping each other to cope with the stress of the Covid-19 pandemic – a short document

<https://5f2fe3253cd1dfa0d089->

[bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6244/Helping each other to cope with the stress of COVID19.docx](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6244/Helping%20each%20other%20to%20cope%20with%20the%20stress%20of%20COVID19.docx)

- Russ Harris - 'FACE COVID' is a set of practical steps for responding effectively to the Covid-19 pandemic, using the principles of acceptance and commitment therapy (ACT).

<https://5f2fe3253cd1dfa0d089->

[bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6227/FACE COVID eBook - by Russ Harris.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6227/FACE%20COVID%20eBook%20-%20by%20Russ%20Harris.pdf)

- Online training

Rotherham Educational Psychology Service has produced seven modules of training – Staff Wellbeing, Trauma and Anxiety, Fostering Resilience, Bereavement and Loss, Being an Emotionally Responsive Setting or Team, Being an Emotionally Available Adult and Promoting Positive Transitions to School. Each module takes about 20 minutes to access if you simply play the slides and listen to the audio. There are however hyperlinks embedded throughout which allow for extension of knowledge where there is a particular interest. In theory, the training could be accessed over the course of a half-day session. Staff may however prefer to access modules at intervals, to allow time to reflect. We would however recommend that all modules are completed and that they are accessed in the order set out.

<https://www.rotherham.gov.uk/downloads/download/245/training-to-support-staff-through-the-covid-19-crisis-bringing-safety-and-hope>

## Children and Young People

- Working with worries – a simple guide to talking to children about their worries

[https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6857/working\\_with\\_worries.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6857/working_with_worries.pdf)

- Kooth – a free, online counselling service which is available for young people aged 11 years onwards

<https://www.kooth.com/>

- Smiling Mind - a great mindfulness app/website for the whole family (age 7+). Many children use Smiling Mind in class as a way to help calm and focus their brains and bodies

<https://www.smilingmind.com.au/>

- Talking to Children about Coronavirus – The British Psychological Society has produced a useful one-page document

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

- CHAT B&NES School Nursing Service (Tiff Ferris) - <https://www.healthforteens.co.uk/health/about-chathealth/> or text 07480635513

## Parents and Carers

- Pandemic Toolkit – 8 expert tips to help families to stay regulated

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>

- Bath Mind – useful tips for adults

<https://www.bathmind.org.uk/advice-and-support/coronavirus/>

## Transitions back into educational settings

- “Promoting Positive Transitions during and after the COVID-19 crisis” – Northamptonshire Educational Psychology Service – a comprehensive and useful document

<https://www.northamptonshire.gov.uk/coronavirus-updates/Documents/Promoting%20Positive%20Transitions%20COVID-19%20Northamptonshire%20EPS%2004.05.2020.pdf>

- Supporting children in the early years

The Promoting Positive Transitions HUB Page has been developed by the Early Years Foundation Stage Team. All B&NES settings have been upgraded for free to Premium HUB Membership until the end of the financial year so will have access to all these new resource pages now.

<http://thehub.bathnes.gov.uk/Article/75112>

The following link has two useful resources:

- 8 ways parents and carers can help children manage the transition back to nursery
- How can early years workers manage the transition back to nursery?

<https://www.annafreud.org/coronavirus-support/support-for-early-years/>

- Supporting children in Year 6 and Year 11

[https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6200/Darlington\\_EPS\\_Year\\_6\\_Coronavirus\\_Support\\_Resource.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6200/Darlington_EPS_Year_6_Coronavirus_Support_Resource.pdf)

[https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6201/Darlington\\_EPS\\_Year\\_11\\_Coronavirus\\_support\\_resource.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6201/Darlington_EPS_Year_11_Coronavirus_support_resource.pdf)

[https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6201/Darlington\\_EPS\\_Year\\_11\\_Coronavirus\\_support\\_resource.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6201/Darlington_EPS_Year_11_Coronavirus_support_resource.pdf)

[https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6201/Darlington\\_EPS\\_Year\\_11\\_Coronavirus\\_support\\_resource.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6201/Darlington_EPS_Year_11_Coronavirus_support_resource.pdf)

- Barry Carpenter – A Recovery Curriculum which built on 5 Levers, as a systematic, relationships-based approach to reigniting the flame of learning in each child. The 5 levers are: Relationships, Community, Transparent Curriculum, Metacognition and Space

<https://barrycarpentereducation.files.wordpress.com/2020/04/loss-and-recovery-think-piece-1.pdf>

- Young Minds – Transition Tips for Pupils with SEND

<https://youngminds.org.uk/resources/school-resources/transition-tips-for-pupils-with-send/>

- Specialist Training in Autism and Raising Standards – useful resources including a range of Social Stories and transition back to school information

<http://www.starsteam.org.uk/coronavirus-resources>

## Loss and Bereavement

- Bereavement Parent Information Sheet – a one-page document produced by Bath and North East Somerset Educational Psychology Service

[https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6856/Parent\\_information\\_sheet\\_on\\_grief\\_2020.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6856/Parent_information_sheet_on_grief_2020.pdf)

[https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6856/Parent\\_information\\_sheet\\_on\\_grief\\_2020.pdf](https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/ckeditor/attachments/6856/Parent_information_sheet_on_grief_2020.pdf)

- Winston's Wish supports bereaved children, young people, their families and the professionals who support them

<https://www.winstonswish.org/>

- Supporting your Mental Wellbeing and Bereavement Support during Covid-19:

<https://www.bathnes1bd.org.uk/pages/coronavirus-covid-19/supporting-your-mental-wellbeing-during-covid-19>