

The Start of School

Bulletin No: 1 – September 2023

Heading back to school is a time of returning to routines. The tips below will help you and your children adjust to the change and settle any worries or anxieties this time may bring.

Click on underlined words to access relevant websites.

Setting a routine

Starting the year with a good routine provides a sense of stability for you and your family. Giving your children a structure after school – times to do homework, relax, have dinner and go to bed – helps them settle into their new term at school.

Talking it through

Set aside some time with your child to listen to their concerns. Talking through the worries together will help your child feel less overwhelmed. It's an opportunity to express difficult feelings and to feel empowered to find practical solutions.

Planning ahead

To ease the pressure of busy mornings, prepare things with time ahead. For example, you could pack lunch, lay out clothes, prepare school bags and PE kit in the evenings.

#BeBrave

Click on the hashtag to watch a video about **Youth Mental Health Day** (19th September)

The theme is #BeBrave - why not challenge your child to do something out of their comfort zone?

Download this 'How to Be Brave' pack to increase your child's confidence.



The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.

We provide a telephone drop-in service where you can speak with one of our team about your mental health and wellbeing.

Please note, this is not a counselling service.

Click this [link](#) or scan the QR code to schedule a call.

For more mental health tips and advice, visit our [blog](#) and [My Mind TV Channel](#)

Want a chance to win your school or college a Wellbeing Workshop with us?

Use the links or QR codes to fill in our short survey. There's separate ones for Parents/Carers, Primary Students and Secondary/College Students so be sure to use the right one!

Parents & Carers



Primary Students



Secondary & College Students

