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Dear Parents

We know that whilst the majority of children will be looking forward to coming back to school we understand there will be some nervousness and anxiety surrounding this time. Below are a few links and ideas to help you and your child transition through these difficult times.

Children's Mental Health

Below are a range of resources and book suggestions for helping your child get back to school and deal with stress and anxiety.

[Tips for parents and caregivers – preparing your child to return to school](#)

[Transition Back to School following Covid-19 Resource Pack for Parents](#)

[Sleep Strategies for Children | SleepFoundation.org](#)

[Helping Your Child With Anxiety](#)

[Emotional health and wellbeing](#)

Books

Something bad happened: a kid's guide to coping with events in the news.

Dawn Huebner and Kara McHale (ill) **Publisher** Jessica Kingsley (2020)

The Unworry Book.

Alice James, Stephen Moncrieff and Angharad Rudkin **Publisher** Usborne Publishing (2019)

Help: my feelings are too big: making sense of yourself and the world after a difficult start in life: for children with attachment issues. K.L. Aspden

Publisher Jessica Kingsley (2019)

Neon the ninja: activity book for children who struggle with sleep and nightmares: a therapeutic story with creative activities for children aged 5-10. Karen Treisman

Publisher Jessica Kingsley (2019)

Don't worry, be happy: a child's guide to overcoming anxiety.

Poppy O'Neill **Publisher** Summersdale (2018)

Monkey mind and the mountain: mindfulness for 8-80 year olds (and older).

Cheryl Rezek **Publisher** Leachcroft (2016)

What to do when you worry too much: a kid's guide to overcoming anxiety.

Dawn Huebner and Bonnie Matthews (ill) **Publisher** Magination (2006)

<https://booksbeyondwords.co.uk/>



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Parental Mental Health

It is vital at this time that we also look after ourselves, if you as a parent/carer or key worker are struggling with your mental health please have a look at the NHS support in place.

Mind Matters NHS Surrey IAPT is here to provide help and support for people with anxiety, stress, depression and other mental health concerns through talking therapies.

We accept referrals from individuals aged 17+ who are registered with one of the GP surgeries listed [here](#).

Self-referrals can be made via our online portal at www.mindmatters.nhs.co.uk, where further information can also be found. In addition we kindly request that anyone submitting a referral should state '**Schools communication**' in the Referral Source field and specify if they are a key worker.

Yours sincerely

Gemma Clarke
Welfare Officer

