

Further Reading and Guidance

Autism spectrum condition

National Autistic Society – www.autism.org.uk

Social Stories – www.carolgraysocialstories.com/social-stories/

ADHD

ADHD Foundation – www.adhdfoundation.org.uk

Anxiety

Anxiety UK – www.anxietyuk.org.uk

Meek L (2019) *Be Your Own Superhero*. London: Penguin.

Attachment and trauma

Beacon House, Therapeutic Services and Trauma Team – <https://beaconhouse.org.uk>

Behaviour in schools

UNICEF Rights Respecting Schools – www.unicef.org.uk/rights-respecting-schools/

Restorative Justice for Schools – www.restorativejustice4schools.co.uk

The Incredible Years (The Webster–Stratton Approach) – www.incredibleyears.com

Eating disorders

Beat Eating Disorders – www.beateatingdisorders.org.uk

Emotional intelligence and regulation

Zones of Regulation – www.zonesofregulation.com/index.html

The Incredible 5 Point Scale – www.5pointscale.com

Decider Skills – www.thedecider.org.uk

Emotional and social interventions

Nurtureuk – www.nurtureuk.org

ELSA Network – www.elsanetwork.org

Thrive – www.thriveapproach.com

Gender identity

The Gender Identity Research and Education Society (GIRES) – www.gires.org.uk

Mermaids UK – <https://mermaidsuk.org.uk>

Growth mindset

Growth Mindset Culture – www.mindsetworks.com/schools/culture

Low mood and depression

Depression UK – <http://depressionuk.org>

Mental health

Royal College of Psychiatrists – www.rcpsych.ac.uk/mental-health

Mental Health Foundation – www.mentalhealth.org.uk

Mind – www.mind.org.uk/information-support/for-young-people/

Young Minds – www.youngminds.org.uk

Youth in Mind – www.youthinmind.com

Child Mind Institute – www.childmind.org

Kooth – www.kooth.com

Mental health in schools

Mentally Healthy Schools – www.mentallyhealthyschools.org.uk

The National Nurturing Schools Programme – www.nurtureuk.org/news/national-nurturing-schools-programme

Anna Freud – Schools in Mind Programme – www.annafreud.org/what-we-do/schools-in-mind/

Mental health policy

Department for Health and Department for Education (2017) *Transforming Children and Young People's Mental Health Provision: A Green Paper*. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/664855/Transforming_children_and_young_people_s_mental_health_provision.pdf

Department for Health and NHS England (2015) *Future in Mind: Promoting, Protecting and Improving Our Children and Young People's Mental Health and Wellbeing*. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

Department for Education (2018) *Mental Health and Behaviour in Schools*. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools_.pdf

Mindfulness and meditation

Mindfulness in Schools Project – www.mindfulnessinschools.org

Relax Kids – www.relaxkids.com

Online safety

Child Exploitation and Online Protection command – www.ceop.police.uk/safety-centre/

Childnet International – www.childnet.com

UK Safer Internet Centre – www.saferinternet.org.uk/advice-centre/teachers-and-school-staff

PSHE

Department for Education (2019) *Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance* [online]. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education__RSE__and_Health_Education.pdf

PSHE Association – www.pshe-association.org.uk

Safeguarding

HM Government (2018): *Working Together to Safeguard Children* [online]. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/779401/Working_Together_to_Safeguard-Children.pdf

Child Protection Online Monitoring System – www.cpoms.co.uk

My Concern Safeguarding Software – www.myconcern.co.uk

Tics and Tourette's

Tourettes Action UK – www.tourettes-action.org.uk/

Wellbeing

Bethune A (2018) *Wellbeing in the Primary Classroom*. London: Bloomsbury Education.

New Economics Foundation (2011) *5 Ways to Wellbeing* [online]. Available at: https://neweconomics.org/uploads/files/d80eba95560c09605d_uzm6b1n6a.pdf

Action for Happiness – www.actionforhappiness.org

The Schools Advisory Service: Pupil and Staff Wellbeing Programmes – www.schooladvice.co.uk/whole-school-wellbeing-services/

The Daily Mile – www.thedailymile.co.uk

Skip2bFit – www.skip2bfit.com