**Auckland Health and Ed Collaboration- facilitated by Alison Leversha**

**Returning to school safely- collated by Alison Leversha**

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|  | **Education staff** | **Parents/whānau/community** | **Children: Preschool/school/HS** |
| **Returning to School Safely** | [Layers of protection](https://thespinoff.co.nz/science/20-02-2021/siouxsie-wiles-toby-morris-the-covid-vaccine-is-a-delicious-great-big-slice-of-cheese/)  [Siouxsie and Toby:](https://thespinoff.co.nz/media/07-09-2021/the-great-toby-morris-siouxsie-wiles-covid-19-omnibus/) Many different animations re COVID  [Melbourne:](https://www.mcri.edu.au/sites/default/files/media/documents/covid-19_in_early_childhood_education_and_care_and_schools.pdf) Protecting children in ECEC and schools  Vaccination  Ventilation  Physical distancing  Masks  Staying home and test when unwell  Hygiene  Diagram  Description automatically generated  Jin and Pips presentation: [https://vimeo.com/635192497/fc97589feb](https://webmail.hanz.health.nz/owa/redir.aspx?C=8jemxF7zyeoZiEMQ5t6w6-rQjypL_CIDFSfujsfqRDqxGN2StJnZCA..&URL=https%3a%2f%2fvimeo.com%2f635192497%2ffc97589feb)  **Auckland paediatricians and public health specialists’ public health blog on school reopening** Webb R, Russell J, Anderson P, Best E, Leversha A, Rajanaidu S. [Urgent measures needed to allow the safe re-opening of Auckland schools](https://blogs.otago.ac.nz/pubhealthexpert/urgent-measures-needed-to-allow-the-safe-re-opening-of-auckland-schools/). Public Health Expert. University of Otago. 11 October 21.  [Jin Russell:](https://thespinoff.co.nz/society/26-10-2021/jin-russell-our-children-cannot-be-vaccinated-for-covid-19-heres-how-we-can-best-protect-them/) How to protect our kids  [Monitoring CO2 indoors](https://blogs.otago.ac.nz/pubhealthexpert/monitoring-co2-indoors-for-improving-ventilation-as-a-covid-19-control-tool/) for improving ventilation in schools. Public Health expert  [Reducing the risk of COVID](https://blogs.otago.ac.nz/pubhealthexpert/reducing-the-risk-of-covid-19-transmission-through-the-use-of-air-purifiers/) transmission thru air purifiers. Public Health expert | [Layers of protection](https://thespinoff.co.nz/science/20-02-2021/siouxsie-wiles-toby-morris-the-covid-vaccine-is-a-delicious-great-big-slice-of-cheese/) (Siouxsie/Toby)  [Unite against COVID 19:](https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others-from-covid-19/) protecting yourself and others. avail in multiple languages  COVID info in Samoan: [Coconut TV](https://www.thecoconet.tv/coco-talanoa/health-well-being/breaking-down-covid-19-information-for-our/)  [COVID and Pacific children wellbeing:](https://www.moanaresearch.co.nz/covid-19-child-wellbeing-zoom-fono/) Moana and Pacific experts  Māori experts returning to school webinar TBD  Siouxsie and Toby: Why you should wear a mask  [Samoan](https://www.facebook.com/moanaresearch/videos/318759202667853)  [Tongan](https://www.facebook.com/moanaresearch/videos/300100997954207)  [Te Reo](https://www.facebook.com/moanaresearch/videos/3711876255494041)  [English](https://assets.thespinoff.co.nz/1/2020/08/Covid-19-Mask-Advice-August-01v2.gif)  [Jin Russell:](https://thespinoff.co.nz/society/26-10-2021/jin-russell-our-children-cannot-be-vaccinated-for-covid-19-heres-how-we-can-best-protect-them/) How to protect our kids  [Kidshealth](https://www.kidshealth.org.nz/how-protect-yourself-others-against-covid-19): How to protect yourself and others against COVID  [Kidshealth:](https://www.kidshealth.org.nz/coping-worry-anxiety-about-covid-19) coping with anxiety around COVID  [Kidshealth:](https://www.kidshealth.org.nz/anxiety) Anxiety  [Raising children website:](https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/wearing-face-masks-tips-to-help-children-teenagers) wearing masks children and teenagers  [Raising children website:](https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/returning-to-school-after-covid-19-lockdowns-children) returning to school | [Layers of protection](https://thespinoff.co.nz/science/20-02-2021/siouxsie-wiles-toby-morris-the-covid-vaccine-is-a-delicious-great-big-slice-of-cheese/)  How to wear a mask  Siouxsie and Toby: Why you should wear a mask  [Samoan](https://www.facebook.com/moanaresearch/videos/318759202667853)  [Tongan](https://www.facebook.com/moanaresearch/videos/300100997954207)  [Te Reo](https://www.facebook.com/moanaresearch/videos/3711876255494041)  [English](https://assets.thespinoff.co.nz/1/2020/08/Covid-19-Mask-Advice-August-01v2.gif)  [How vaccines power up your body](https://www.youtube.com/watch?v=YVzhJ_sb9Cc)  [Alternatives to handshakes](https://www.dezeen.com/2020/03/22/coronavirus-animations-toby-morris-siouxsie-wiles-design-graphics/)  [Wearing a mask for children with ASD](https://paautism.org/resource/wearing-mask-social-story/)  (Social story, video, English, Chinese, Russian, Spanish, Arabic, Burmese  [Kidshealth](https://www.kidshealth.org.nz/resources-help-explain-covid-19-children): resources to help kids understand about COVID (including social stories)  [KIdshealth:](https://www.kidshealth.org.nz/resources-help-explain-covid-19-children) Return from Delta 2021 years 1-8 and years 9+  Nanogirl: COVID video clip (needs 2021 updating re masks)  [MoH youth focused website re COVID](https://covid19.govt.nz/iwi-and-communities/covid-downlow/)  COVID Korero: [Hahana](https://www.tiktok.com/@hahana_official/video/6998762808695409922?lang=en&is_copy_url=1&is_from_webapp=v1): gen COVID advice tiktok  [Royal Children’s Hospital Melbourne:](https://www.rch.org.au/be-positive/A_childs_guide_to_hospital/Why_is_everyone_wearing_a_mask_/) Jaz talks re why everyone is wearing masks…video  [Royal Children’s Hospital Melbourne:](https://www.rch.org.au/be-positive/A_childs_guide_to_hospital/What_is_COVID-19_/) Jaz asks What is COVID 19 …video |
| **Getting back to the routine** | [Te Rito Toi:](https://www.teritotoi.org/) Helps teachers work with children when they first return to school following major traumatic or life changing events  [Mentally healthy schools:](https://www.annafreud.org/media/11727/managing-transition-back-to-school-jun2020.pdf) Managing the transition back to school  [Sparklers](https://sparklers.org.nz/activities/): Activities and resources  [MoE:](https://www.education.govt.nz/covid-19/covid-19-and-wellbeing/guidance-for-teachers-and-school-leaders-supporting-student-wellbeing-when-they-return-to-school/) Supporting student wellbeing when they return to school  Mentally healthy schools: [Brain breaks.](https://www.mentallyhealthyschools.org.uk/media/2210/rebuild-and-recover-brain-breaks.pdf) | [Wellbeing Guide](https://assets.learningfromhome.govt.nz/s3fs-public/2020-05/COVID-19%20Wellbeing%20guide%20MODULE%203%20Preparing%20for%20and%20%20returning%20to%20school.pdf?pLTXEutyP5MNSeCYcgGgL4_ewvvEOzvY): Preparing for return to school  [Sparklers](https://sparklers.org.nz/activities/): Activities and resources | [Sparklers](https://sparklers.org.nz/activities/): Activities and resources |
| **Emotional wellbeing** | He Ara Hauora: Ka Anga Whakamua. MoE LS guide re pathways towards wellbeing recovering from COVID (2020)  [Hikitea te hā](https://www.allright.org.nz/tools/hikitia-te-ha): Breathing exercise in Te reo  [Mentally healthy schools:](https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf) Staff wellbeing  [Mentally healthy schools](https://www.annafreud.org/media/12990/naht-coronavirus-wellbeing-proof-4-1.pdf): Supporting students’ mental health and wellbeing  [Mentally healthy schools:](https://www.mentallyhealthyschools.org.uk/media/2037/tools-for-managing-emotions.pdf) Tools for managing emotions  [Stronger Schools:](https://tamakimakaurau.strongerschools.org/)  Login= Stronger  Password: TamakiM  Lots of pathways/guidelines re returning to school after COVID, wellbeing, behaviour and learning | [Ngā Manu Āwhina](https://www.rtlbcluster8.ac.nz/covid-response): **RTLB 8** wellbeing  [Wellbeing guide:](https://assets.learningfromhome.govt.nz/s3fs-public/2020-04/COVID-19%20Wellbeing%20guide%20MODULE%201%20HauoraWellbeing%20during%20uncertain%20times.pdf?mBtXatv15Qsn.4X9yd_ECsMSASl2DAs5) Wellbeing in uncertain times  [Hikitea te hā](https://www.allright.org.nz/tools/hikitia-te-ha): Breathing exercise in Te reo  Health Navigator: [Looking after your child’s mental health](https://www.healthnavigator.org.nz/videos/c/coronavirus-videos/supporting-your-childs-mental-health-through-covid-19/) | [Health Navigator:](https://www.healthnavigator.org.nz/apps/m/mental-health-and-wellbeing-apps/) mental health and wellbeing apps for kids/rangatahi  Including [looking after your wellbeing](https://www.healthnavigator.org.nz/videos/c/coronavirus-videos/mental-wellbeing-tools-during-covid-19/)  [Sparklers](https://sparklers.org.nz/activities/): Activities and resources  [Aroha: Chatbot](https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial) to help re manage stress (13 yrs +)  [Hikitea te hā](https://www.allright.org.nz/tools/hikitia-te-ha): Breathing exercise in Te reo  [Attitude](https://www.healthnavigator.org.nz/videos/c/coronavirus-videos/stress-anxiety-response-to-covid-19/): anxiety and COVID  [Aroha’s Way](https://www.healthnavigator.org.nz/videos/a/arohas-way/): children’s guide to anxiety. Series of books. Link is to video clip  **Whitu** – seven ways in seven days is a NZ app available on the app stores. Co-designed for use during and after the pandemic, it has seven modules that teach young people (okay for intermediate and high school ages) well-being skills that they can use for life. Both google and android |
| **Learning**  **Incl how learning will occur for children who don’t return. How will that be managed and return to school supported?** |  | [Wellbeing guide:](https://assets.learningfromhome.govt.nz/s3fs-public/2020-04/COVID-19%20Wellbeing%20guide%20MODULE%202%20School%20closures%20and%20learning%20from%20home.pdf?HWYsrZhYrS1pGBfwlUtTLnspo5jNuXOV) school closures and learning from home |  |
| **Behaviour** | [PB4L](https://pb4l.tki.org.nz/Encourage-Positive-Behaviours/Information-sheets): Proactively preventing challenging behaviour  [Mentally healthy schools](https://mentallyhealthyschools.org.uk/resources/helping-children-reframe-negative-thoughts/): Reframing negative thoughts  [Kidshealth:](https://www.kidshealth.org.nz/anxiety) Anxiety  [Stronger Schools:](https://tamakimakaurau.strongerschools.org/)  Login= Stronger  Password: TamakiM  Lots of pathways/guidelines re returning to school after COVID, wellbeing, behaviour and learning | [Reassuring children](https://www.annafreud.org/media/11245/option-3-covid-advice-parents.pdf) and young people about COVID  [Child in Mind:](https://www.annafreud.org/parents-and-carers/child-in-mind/) What do we know about child anxiety  [Mentally healthy schools:](https://www.mentallyhealthyschools.org.uk/media/2214/rebuild-and-recover-reframing-thoughts.pdf) Reframing negative thoughts  [Kidshealth:](https://www.kidshealth.org.nz/coping-worry-anxiety-about-covid-19) coping with anxiety around COVID |  |
| **What happens if there is a COVID case in the school** | Jin and Pips presentation: <https://vimeo.com/635192497/fc97589feb>  (will need updating given contact definition has changed) |  |  |

**Codes:**

Red means a gap and needs developing

Education staff incl SWIS, RTLB, school staff etc

For some sites have only included one form e.g. anxiety to enable easy comparison re the same issue

Mentally strong schools: UK site

Stronger schools: Developed in chch post-earthquake and mosque shooting. Specifically, developed for schools with info and referral pathways. Same platform as health pathways. Used by Mana Ake. Free access to Auckland schools for this post COVID time

Healthpathways: Info and referral pathways for health profs. Schools don’t have access. Counsellors may be getting access

Kidshealth: Resources for parents and children re many health and wellbeing topics. Run by Katherine Lissienko and funded by NZ Paediatric Society and Starship Foundation.

Sparklers: Dev in chch post-earthquake. Resources for activities for parents and teachers

[Ngā Manu Āwhina](https://www.rtlbcluster8.ac.nz/covid-response): **RTLB 8** wellbeing site  
Raising children network: Australian site with lots of useful info for parents and children

Royal Children’s Hospital Melbourne: