

Information for Returning to Schools from the Nursing Team

With news of a gradual return to school starting in Scotland next week, we would like to take this opportunity to remind you of the NES Covid-19 related resources available on Turas.

In the Children, Young People and Families section: <https://learn.nes.nhs.scot/29910/psychosocial-mental-health-and-wellbeing-support/taking-care-of-other-people/working-with-young-people-and-families> you will find resource packs focusing on supporting a return to school, written by the NES Early Intervention TIPS Clinicians in NHS Grampian, as detailed below:

- [Back to school : activity pack](#)
- [Back to school : resource pack](#)
- [It's ok to worry about going back to school : resource pack for parents](#)
- [It's ok to worry about going back to school : resource pack for parents of neurodiverse children](#)
- [It's ok to worry about going back to school after coronavirus : resource pack for teenagers](#)

There is also a resource for parents/carers to support children and young people with long-term physical health conditions, with tips for managing anxiety about coming out of lockdown:

- [Coming out of lockdown - managing worries : a guide for parents/carers of children and young people with long-term health conditions](#)

We hope you find these resources, along with the other resources that can be found on the Children, Young People and Families section, helpful.