

READING WELL

Reading Well for children: back to school library toolkit

Introduction

As schools begin to reopen this September, children and families may be seeking support to help **understand and manage** their questions and worries during this transition.

Children and young people's mental health and the pandemic: the facts

- **More than a million parents** believe their child could **benefit from professional help** in the wake of the coronavirus lockdown, a poll from [Bernardo's](#) reveals.
- [Childline](#) has delivered almost **7,000 counselling sessions** with children about the impact of coronavirus outbreak.
- [A survey](#) of nearly 1,000 frontline workers supporting families living in poverty found that the vast majority reported a **significant deterioration in children's emotional health and wellbeing** during the coronavirus lockdown.
- [A recent study](#) of 10,000 families in the UK suggested **primary school children were much more troubled by lockdown than secondary school pupils**.
- A survey of young people [undertaken by YoungMinds](#) found that **80% of respondents agreed that the coronavirus pandemic had made their mental health worse**. This was often related to increased feelings of anxiety, isolation, a loss of coping mechanisms or a loss of motivation.
- Professor Peter Fonagy, chief executive of the [Anna Freud Centre](#), a child mental health research charity that is providing part of the support, has said: "Ensuring that every teacher and school and college leader has the support they need to respond to their pupils' mental health and wellbeing needs is the **single most important task** we have on our hands in education."



[Reading Well for children](#) recommends reading to help children **understand their feelings and worries and cope with tough times**. Many of the books on the list cover topics that children and families may be experiencing at this time, including **worry, loss and bereavement**, and dealing with **troubling world events**.

This toolkit contains Reading Well resources to help libraries support children and families with the return to school, including **digital assets, social media content**, and resources for **school outreach**.

The booklist is targeted at children in **Key Stage 2 (aged 7-11)** and includes a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.

Several of the titles are also available as **e-books** and **audiobooks**. You can download the [complete booklist](#) and [detailed overview](#) of the 33 titles on the Reading Well website.



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THE READING AGENCY

Promotional materials and digital resources



In addition to the print materials available from our [online shop](#), a suite of free digital resources to help stakeholders promote and deliver the scheme is available to download via this [ZIP file](#), as well as via the [Reading Well resources bank](#). This includes include **digital artwork**, resources for **health sector and schools outreach**, and **social media assets**.

Please note that due to file size, the Reading Well for children [user quote cards](#), general [social media cards](#), and [photobank](#) are available as separate downloads.

Read on for a selection of the most relevant Reading Well resources that can be used to support communities going Back to School.

Schools outreach

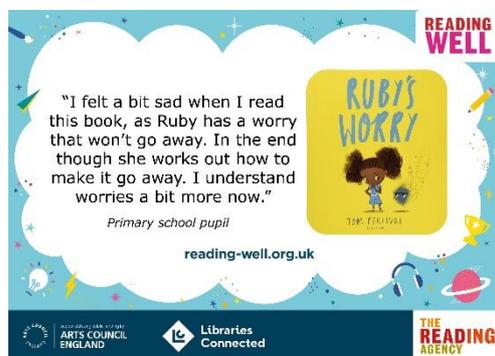
- Use our [Get Involved Guide for schools](#) and [schools outreach letter](#) to promote the list to local schools.
- Use our adaptable [school assembly presentation](#) to promote the scheme to children.
- Share the [publisher assets](#) with local schools, including activity packs and classroom resources based around the Reading Well for children books.
- Share our [Get Involved Guide for parents and carers](#) with families wanting to find out more about how to support the scheme.

Online and social media

If you haven't already, you can incorporate Reading Well into your digital offers by using [this copy](#) for your website. You could also create an additional page on your website detailing which of the titles are available via your e-lending suppliers, following the example of [Leicester City Libraries](#).

You can post/adapt the tweets suggested below with the following downloadable digital assets to visually promote Reading Well for children online:

- [Animated gif](#)
- [Image bank](#)
- [Book jacket composite](#)
- [Social media cards](#)
- [User quote cards](#)



You can also revisit the [promotional toolkit](#) created for February's launch for more resources, including [activity sheets](#) from publishers.



Don't forget to tag [@readingagency](https://twitter.com/readingagency) and use the [#ReadingWell](https://twitter.com/ReadingWell) hashtag to ensure your content reaches as far as possible.

More digital assets for all 5 Reading Well schemes are available to download from our [resources bank](#), including the **Reading Well for young people** [animated gif](#), [image bank](#), and [book jacket composite](#).

As per the [library delivery model](#), please check carefully that Reading Well branding is used to promote titles on the Reading Well lists only.

Template social media copy

- Going #BackToSchool? The expert endorsed #ReadingWell for children booklist can help children understand their feelings and worries and cope with tough times – available in your local library: reading-well.org.uk/children @readingagency @libsconnected
- The expert endorsed #ReadingWell for children booklist recommends reading to help children understand big or difficult feelings and cope with tough times. Available now in **[INSERT YOUR LIBRARY SERVICE]**: reading-well.org.uk/children #BackToSchool @readingagency @libsconnected
- 9 in 10 parents of children aged 4-11 agree that reading is a useful tool to open up conversations about feelings with their child. Find expert endorsed support in your library with #ReadingWell for children: reading-well.org.uk/children @readingagency #BackToSchool @libsconnected

Other helpful resources

Our supporting organisations have also created some resources to support children and families with their mental health as they go back to school:

- Mental Health Foundation [tips for teachers and school staff](#) and [tips for parents and caregivers](#)
- Anna Freud Centre [resources for schools](#) and [Self-Care website for young people](#)