

Return to School Wellbeing and Mental Health Promotion: Resources for a Strong Start

August 2020

Thriving Learners ∞ Flourishing Communities



TABLE OF CONTENTS

[LRSD School Planning for Wellbeing – Process Guide](#)

[Mental Health Promotion Planning – Quick Guide](#)

Student Wellbeing

[Understanding Student Wellbeing](#)

[Return to School Talking to Students and Families](#)

[Wellbeing and Resilience LRSD Clinical Services](#)

Staff Wellbeing

[Staff Wellbeing and Self-Care](#)

Parent Information

[Return to School Tips for Parents](#)

[Back to School Sleep Tips](#)

[When Will Students Be Required to Wear Masks at School?](#)

[Helping Children to Wear a Mask](#)

Clinical Services

[Lead Clinicians in Schools](#)