

SCHOOL ATTENDANCE DIFFICULTIES RESOURCE LIST

RESOURCES FOR CHILDREN AND ADOLESCENTS

General Resources & Information:



Kids Health helps children and young people to understand signs and symptoms of school stress.

- Provides tips for how to find help, and how to feel better about going to school
- **Link:** <https://kidshealth.org/en/kids/hate-school.html>



Not Fine in School has a special page dedicated to supporting young people, filled with helpful resources and links: <https://notfineinschool.co.uk/young-people>

- **Social Anxiety Self Help Guide** with different worksheets incorporated to help think differently, challenge thoughts, mindfulness, and facing your fears
<https://img1.wsimg.com/blobby/go/a41082e1-5561-438b-a6a2-16176f7570e9/downloads/SocialAnxietySelfHelp.pdf?ver=1588691735519>
- **Link:** <https://notfineinschool.co.uk/>

ANNAKA HARRIS

Annaka Harris is a website dedicated to guided meditation for kids with introduction steps, mindful hearing, breathing, seeing, and medication to soothe uncomfortable feelings.

- **Link:** <https://annakaharris.com/mindfulness-for-children/>



Kidscape:

- A PDF for kids who are bullied (and in turn may be presenting with school refusal symptoms), including top tips
- **Link:** <https://www.kidscape.org.uk/media/133982/top-tips-for-children.pdf>



Social Anxiety UK is a volunteer-led organization that aim to provide information and act as a central hub for the community. Services include:

- Chatrooms intended for social anxiety sufferers to socialize
- Online games
- Email: contact@social-anxiety.org.uk
- Link: <https://www.social-anxiety.org.uk/>

RIASS

Redbridge Information, Advice & Support Service
for Special Educational Needs & Disability



Redbridge Information Advice & Support Service (RIASS): <https://redbridgeiass.org.uk/>

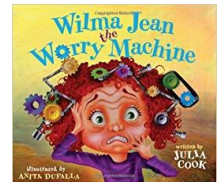
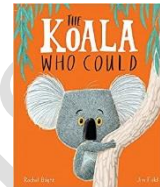
- Offers a free and impartial service to children and young people with special educational needs and disabilities (SEND) and their parents or carers.
- They can provide information, advice and support on a range of issues including: SEND support available in Redbridge; local parent support groups; support in resolving disagreements, mediation and tribunals; local policy and practice including transition to adulthood, the law on SEN and disability, information on health and social care; and more
- Their website has a section dedicated specifically to young people (age 16-25): <https://redbridgeiass.org.uk/young-people/>, which provides information on topics including:
 - **Education:** <https://redbridgeiass.org.uk/young-people/education>
 - **Educational Health Care Plan:** <https://redbridgeiass.org.uk/young-people/ehcp/>
 - **Personal Budgets:** <https://redbridgeiass.org.uk/young-people/personal-budgets/>
- Parents, carers and young people can make a self-referral via phone or email.
- Contact:
 - Email: riass@redbridge.gov.uk
 - Telephone: 020 8708 8922 (open Monday to Friday, 10.00am-1:00pm)
 - Facebook: www.facebook.com/Redbridgeriass

USEFUL VIDEOS

- **Back to School News** (YoungMinds): https://www.youtube.com/watch?v=AvZ-hXOGIXA&feature=emb_title

USEFUL BOOKS

- **The Koala Who Could** by Rachel Bright (from Little Parachutes)
 - An entertaining story that encourages children to try something new. Perfect for children who find change difficult.
 - For kids who can't 'let go' of a familiar environment
 - Available in Redbridge Libraries:
https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/results?qu=The+Koala+Who+Could&te=&lm=REDBRIDGE
- **Wilma Jean the Worry Machine** by Julia Cook (recommended by Kids Health the Children's Hospital in Australia)
 - Addresses the problem of anxiety in a way that relates to children of all ages
 - Offers creative strategies for parents and teachers to use that can lessen the severity of anxiety
 - Goal of the book is to give children the tools needed to feel more in control of their anxiety



RESOURCES FOR PARENTS, GUARDIANS, AND CARERS

General Resources & Information:



Specialist Education and Training Support Service (SEaTSS):
https://find.redbridge.gov.uk/kb5/redbridge/fsd/service.page?id=UH9BoKB_osw

- SEaTSS has been formed by combining existing specialist outreach services from across Redbridge to create one coordinated service that supports children and young people aged from 0-25 years; it also links closely with health and other professionals.
- The service offers a wide range of support, advice and training opportunities for schools and settings to enable them to deliver high quality support for individual children to ensure that the people who work with them and their families are equipped to understand and meet their individual needs.
- SEaTSS is made up of 4 teams that support the following:
 - **Team 1** - Autism/Social Communication/Social Emotional Mental Health

School Attendance Difficulties Resource list- Redbridge CAMHS

- **Team 2** – General learning difficulties (GLD), including medical syndromes, Language and Communication needs
- **Team 3** – Physical and complex needs, Specific literacy difficulties (SPLD)
- **Team 4** – Sensory needs (including Vision and hearing)
- All teams work closely together delivering coordinated support through personalised approaches and interventions, modelling strategies, supporting planning, training etc. This support will be tailored for schools and the pupils they support; SEaTSS are available to support pupils with existing EHCP's and those on SEN support.
- Families can self-refer to SEaTSS using the online referral form available here: <https://eforms.redbridge.gov.uk/single-point-of-access-referral-form-for-education-support/>
- **Contact:**
 - **Email:** seatss@redbridge.gov.uk
 - **Telephone:** 020 8708 6302



London Borough of Redbridge: <https://www.redbridge.gov.uk/schools/school-attendance-and-educational-welfare-services/>

- A webpage for the legal aspects of school attendance, and when it is ok for your child to miss school, and consequences for missing school.



Redbridge Information Advice & Support Service (RIASS): <https://redbridgeiass.org.uk/>

- Offers a free and impartial service to children and young people with special educational needs and disabilities (SEND) and their parents or carers.
- They can provide information, advice and support on a range of issues including: SEND support available in Redbridge; local parent support groups; support in resolving disagreements, mediation and tribunals; local policy and practice including transition to adulthood, the law on SEN and disability, information on health and social care; and more

Their website has a section dedicated specifically to parents and carers:

<https://redbridgeiass.org.uk/parents-carers/>, which provides information on topics including:

- **Education:** <https://redbridgeiass.org.uk/parents-carers/education/>
- **Educational Health Care Plan:** <https://redbridgeiass.org.uk/parents-carers/ehcp/>
- **Personal Budgets:** <https://redbridgeiass.org.uk/parents-carers/personal-budgets/>
- **A list of FAQ's:** <https://redbridgeiass.org.uk/parents-carers/faq/>

School Attendance Difficulties Resource list- Redbridge CAMHS

- Parents, carers and young people can make a self referral via phone or email.
- Contact:
 - Email: riass@redbridge.gov.uk
 - Telephone: 020 8708 8922 (open Monday to Friday, 10.00am-1:00pm)
 - Facebook: www.facebook.com/Redbridgeriass



Empowering Parents Together: <https://www.empoweringparentstogether.org.uk/>

- Facilitates two-way communication between parent carers and services used by children, young people with SEND and their families in the Redbridge through a Parent Carer forum
- Frum will work to provide feedback on services, offer constructive challenge to current services and input into decision making and planning for future service provision
- Membership is free and membership forms can be accessed here: <https://www.empoweringparentstogether.org.uk/join-now>
- Contact:
 - Telephone: 07486 880799 or 07486 880646
 - Email: info@empoweringparentstogether.org.uk

SCHOOL REFUSAL FAMILIES

School Refusal Families is a blog that provides links to relevant articles, posts, and information that are helpful for families and professionals supporting children and young people experiencing school-based anxiety and attendance difficulties.

- Resources available for download here: <https://schoolrefuserfamilies.wordpress.com/school-anxiety-resources/>
- Links to other useful resources here: <https://schoolrefuserfamilies.wordpress.com/links/>



Anxiety and Depression Association of America gives a brief description of common symptoms of school refusal, potential reasons behind it, and tips for parents and carers.

- Link: <https://adaa.org/living-with-anxiety/children/school-refusal>



Not Fine in School is a parent/carer-led organisation set up in response to the growing number of children and young people who struggle with school attendance.

- Link: <https://notfineinschool.co.uk/>
- Has a support page for families: <https://notfineinschool.co.uk/families>
- Offers a wealth of resources for parents and carers, available for download here: <https://notfineinschool.co.uk/nfis-resources>
 - Signs of School Refusal: <https://img1.wsimg.com/blobby/go/a41082e1-5561-438b-a6a2-16176f7570e9/downloads/NFIS%20Signs%20of%20School%20Refusal.pdf?ver=1588691737259>
 - Guidance on Anxiety-based School Avoidance: <https://img1.wsimg.com/blobby/go/a41082e1-5561-438b-a6a2-16176f7570e9/downloads/Guidance-on-Anxiety-Based-School-Avoidance.pdf?ver=1588691737259>
- They also host two Facebook pages:
 - *Public*: <https://www.facebook.com/NotFineInSchoolPublicPage/>
 - *Private* (a support group for parents of children struggling with school refusal) — potential members need to request to join: <https://www.facebook.com/groups/NFISFamilySupport/>

YOUNGmINDS

YoungMinds:

- Provides helpful guides on:
 - School refusal: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-refusal/>
 - School anxiety: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-anxiety/>
- Explains consequences of non-attendance for parents, and provides links to helpful resources under the “Where can I get help?” section.
- Parents Helpline: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
 - Parents can call for free on 0808 802 5544 (Mon-Fri from 9:30am to 4pm) or get in touch via this online form: <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>



School Attendance Difficulties Resource list- Redbridge CAMHS

Family Lives provides an introduction to truancy, potential reasons for it, and what measures parents can take to address it.

- **Link:** <https://www.familylives.org.uk/advice/teenagers/school-learning/truancy/>



Child Mind Institute explains the difference between truancy and school refusal, and describes potential warning signs for parents to watch out for.

- Also offers advice to parents on what to do if the situation worsens
- **Link:** <https://childmind.org/article/when-kids-refuse-to-go-to-school/>



Roscommon School Refusal Resource Pack explains what school refusal is, possible precursors to it, how parents and school can help, and how to support the young person to go back to school.

- **Link:** <https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/NEPS-Guides/School-Refusal/School-Refusal.pdf>



Fife CAMHS explains school refusal, potential factors, things to think about, and what you can do

- **Link:** <http://handsonscotland.co.uk/school-refusal/>



American Academy of Paediatrics explains school avoidance and provides practical tips for concerned parents

- **Link:** <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/School-Avoidance.aspx>



South Gloucestershire Council:

- A helpful guide on successfully managing your child's anxiety

School Attendance Difficulties Resource list- Redbridge CAMHS

- Has introductory information on understanding, addressing, and dealing with worries and anxiety
- Information on what to do when worry and anxiety affects school attendance
- Internet and video resources plus useful books and further reading
- **Link:** <https://cchp.nhs.uk/sites/default/files/attachments/Managing%20anxiety.%20Information%20for%20parents%20%26%20carers.pdf>



The School Run: An article explaining school refusal, its causes, and strategies when it comes to coping with school refusal

- **Link:** <https://www.theschoolrun.com/coping-with-school-refusal>



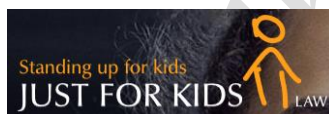
Lemon Lime Adventures has a school refusal cheat sheet that prompts a parent to ask themselves why their child may not be going to school and helpful phrases to say to their child

- **Link:** <https://lemonlimeadventures.com/how-to-respond-when-your-child-refuses-to-go-to-school/>



The National Autistic Society

- A guide for parents on school stress and anxiety and its impact on family life
- **Link:** <https://www.autism.org.uk/advice-and-guidance/topics/education/attendance-problems/parents>



Just for Kids Law: provide information, advice and support around several topics including exclusions

- Website link: <https://justforkidslaw.org/>
- Link for information about exclusions: <https://justforkidslaw.org/school-exclusions-hub/practitioners-and-professionals/introduction-school-exclusions>
- Referral process: have a legal and advocacy team – support with legal matters, appeal letter, provide advice and guidance through procedures. Go to website and complete referral form which parents can complete themselves.
<https://justforkidslaw.org/contact-us>

School Attendance Difficulties Resource list- Redbridge CAMHS

- Mainly work within Greater London area
 - Services are free
- Contact number: 0203 174 2279

USEFUL VIDEOS

- **Understanding School Refusal** (Kids Matter Australia- Australian Primary School Initiative): <https://www.youtube.com/watch?v=FzxmeVRTjwU>
- **School Refusal - YoungMinds Parents Lounge** (YoungMinds): https://www.youtube.com/watch?v=wi5uIIYuAHI&feature=emb_title
 - Jo and Emma from YoungMinds Parents Helpline recap their top tips for managing school refusal in children.
- **SCHOOL REFUSAL | What is (and isn't) school refusal?** (Pooky Knightsmith Mental Health): https://www.youtube.com/watch?v=wRJbk_hyhPk
 - In this video, Phylly Pritchard, an educational psychologist explains what is meant by school refusal and how this differs from truanting.
- **Helping your Kindergartener with Separation Anxiety** (Anxiety Canada and the UBC Anxiety Projects Lab): https://www.youtube.com/watch?v=r_5eiYlo1XM
- **Childhood Anxiety: School Refusal** (Anxiety Disorders Manitoba): <https://www.youtube.com/watch?v=X5ZdjiNtgno>
- **Dealing with School Refusal** (FamilyLives): https://www.youtube.com/watch?v=ovFlkU_Ph8
- **Help Your Child Adjust to School Life** (Hampton Primary School): <https://www.youtube.com/watch?v=DKIUD7kez40>

USEFUL BOOKLETS AND FACTSHEETS

- **My Child is Struggling to Go to School - What can I do?** (Not Fine in School): <https://img1.wsimg.com/blobby/go/a41082e1-5561-438b-a6a2-16176f7570e9/downloads/NFIS%20Parent%20Summary%20V.2%20Oct19.pdf?ver=1588691743245>
- **How Can Parents Support Children with School Anxiety/Refusal/Phobia?** (Not Fine in School): <https://schoolrefuserfamilies.files.wordpress.com/2018/01/summary-nfis-parents-guide-v-1.pdf>
- **Advice and Information for Parents: School Problems** (Young Minds): <https://youngminds.org.uk/media/3689/school-problems-updated-march-2020.pdf>
- **Managing School Anxiety: Advice for Parents and Carers** (NHS Lothian): <https://services.nhslothian.scot/camhs/Resources/Documents/EBSR%20Parents%20Version%20V2.pdf>

RESOURCES FOR SCHOOLS

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 - **Team 2** – General learning difficulties (GLD), including medical syndromes, Language and Communication needs
 - **Team 3** – Physical and complex needs, Specific literacy difficulties (SPLD)
 - **Team 4** – Sensory needs (including Vision and hearing)
- All teams work closely together delivering coordinated support through personalised approaches and interventions, modelling strategies, supporting planning, training etc. This support will be tailored for schools and the pupils they support; SEaTSS are available to support pupils with existing EHCP's and those on SEN support.
- Referral is through an online referral form, available here:
<https://eforms.redbridge.gov.uk/single-point-of-access-referral-form-for-education-support/>
- **Contact:**
 - Email: seatss@redbridge.gov.uk
 - Telephone: 020 8708 6302



Mentally Healthy Schools: <https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/absenteeism/>

School Attendance Difficulties Resource list- Redbridge CAMHS

- Outlines different reasons behind school absenteeism and explains the link between absence and mental health problems
- Provides helpful tips for teachers and schools on how to deal with absenteeism



Not Fine in School:

- Offers a list of resources specifically for teachers and other professionals, providing guidance and links to external organisations:
<https://notfineinschool.co.uk/professionals>
- They also have a sister organisation, SquarePeg, that aims to connect professionals, practitioners and policymakers working in school attendance difficulties. Link: <https://www.teamsquarepeg.org/>



Derbyshire County Council:

https://schoolrefuserfamilies.files.wordpress.com/2018/01/derbyshire-eps-emotionally-based-school-refusal-guide_tcm44-233526.pdf

- A guide for primary and secondary schools and emotionally-based school refusal



School Refusal Support Services

School Refusal Support Services (Nottinghamshire):

- A guide to supporting a child who is struggling to attend school due to anxiety-related problems
- Link: <https://www.nottinghamshire.gov.uk/media/128383/a-guide-to-supporting-a-child-who-is-struggling-to-attend-school-2017.pdf>

USEFUL BOOKLETS AND FACTSHEETS

- **A Guide to Supporting a Child When They Struggle to Attend School** (Not Fine In School): <https://img1.wsimg.com/blobby/go/a41082e1-5561-438b-a6a2-16176f7570e9/downloads/NFIS%20SCHOOL%20FULL%20GUIDE%20V.3%20April%202018.pdf?ver=1588691741050>

- **How Can Schools Support Pupils with School Anxiety/Refusal/Phobia?** (Not Fine In School): <https://schoolrefuserfamilies.files.wordpress.com/2018/01/summary-nfis-schools-guide-v-2.pdf>
- **A Child is Struggling to Attend School - What can we do?** (Not Fine In School): <https://img1.wsimg.com/blobby/go/a41082e1-5561-438b-a6a2-16176f7570e9/downloads/NFIS%20Schools%20Summary%20V.2%20Oct9.pdf?ver=1588691743245>
- **Emotionally Based School Refusal: A guide for primary and secondary schools** (Derbyshire County Council): <https://cumbria.gov.uk/elibrary/Content/Internet/537/6381/6424/17463/435357146.PDF>

USEFUL VIDEOS

- **SCHOOL REFUSAL | 5 ideas for supporting children who are struggling to attend school** (by Pooky Knightsmith Mental Health): https://www.youtube.com/watch?v=6sg_10ZDhEw
 - In this video, Phylly Pritchard, an educational psychologist in Lincolnshire UK, shares 5 ideas for supporting children who are struggling to attend school.
- **Mental Health Warning Signs for Schools - Attendance & Punctuality** (by Pooky Knightsmith Mental Health): <https://www.youtube.com/watch?v=pE9pGonVRrA>



ADDITIONAL RESOURCES



Ace Education: <http://www.ace-ed.org.uk/>

- Offers free information on exclusions, special educational needs, bullying, and more
- Click here for information on school attendance and absence: <http://www.ace-ed.org.uk/advice-about-education-for-parents/attendance?326d3493-d827-443f-8736-2d6d95426da3>
 - Covers state funded education for children aged 5-16 years in England only.
 - Adviceline for parents: 0300 0115 142 Mon-Wed 10:00 -13:00 (term time only)



Child Law Advice: <https://childlawadvice.org.uk/>

- Provides free specialist advice and information to parents, carers and young people on education law in England.
- Contact details:
 - Phone support service: 0300 330 5485 Mon-Fri 08:00-18:00 (see here for more details: <https://childlawadvice.org.uk/clas/contact-child-law-advice/>)
 - Email contact form: <https://childlawadvice.org.uk/email-advice-education/>

childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Childline: <https://www.childline.org.uk/>

- Phone service: 0800 1111.
 - Trained counsellors offer free, confidential support and the call will not show up on your phone bill. Even if you don't have credit on your mobile phone, you can still call for free.
 - They are open from 9am-Midnight.
 - For more information please visit: <https://www.childline.org.uk/get-support/contacting-childline/>
- They also offer an online 1-2-1 counsellor chat service: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
- There are also message boards, activities, and resources on the website: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>
- **Accessibility & language:** Childline has an accessible service called Deaf Zone and provides counselling with British Sign Language Interpreters Monday-Friday 9am-8pm, and Saturday 9am-1pm: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/deaf-zone/staying-safe-online/#BSL-counselling>



Kooth: <https://www.kooth.com/>

- A safe, free, and anonymous online support for young people.
- Open Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm
- Must make an account to access the website but the username can be anonymous
- The website also has articles, live forums, a daily journal, and the Kooth community.



The Mix: www.themix.org.uk

School Attendance Difficulties Resource list- Redbridge CAMHS

- A support service for people below 25 via online, social, and mobile.
- Discussion boards, group chat, and local services
- They also have a helpline and crisis messenger
- Counselling services for 10-18 year olds
- <https://www.themix.org.uk/get-support>



No Panic: <https://nopanic.org.uk/>

- Youth Hub provides lots of information, advice, and self-help: <https://nopanic.org.uk/youth-hub/>
- Offers a helpline for young people aged 13 to 20 years
 - Monday – Wednesday and Friday 3pm to 6pm, Thursday 3pm-8pm, and Saturday 6pm-8pm: **0330 606 1174**
- And a telephone/ online Youth Mentoring Scheme teaching learning / coping skills and exposure to fears
 - Call **0330 606 1174** or email: info@nopanic.org.uk

YOUNGMINDS

YoungMinds: <https://youngminds.org.uk/>

- Provides mental health support and help young people to develop resilience to overcome life's difficulties.
 - Offers a crisis messenger available 24/7 across the UK which is run by trained volunteers who are supervised.
 - Texts are free from EE, O2, Vodafone, 3 Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus: Text YM to 85258



Contact: www.contact.org.uk

- Supporting families with disabled children and children with additional needs in England and Wales. Information on EHC plans, SEN support, bullying, exclusions etc.
- Contact has a special educational needs national advice service.
- Freephone helpline: 0808 808 3555, Mon-Fri 09:30-17:00
- Email: helpline@contact.org.uk