



Tring School

CEO of the RLP: Mrs Susanna Collings BSc(Hons), MA, FRSA
Head of School: Mrs Sally Ambrose BA(Hons), NPQH
Mortimer Hill Tring Herts HP23 5JD



9 October 2020

Dear Parents

Reading Well For Children Book Collection

With World Mental Health Day coming up on 10 October, I wanted to share with you the Hertfordshire Libraries [Reading Well for Children](#) and [Reading Well for Young Adults](#) collection of books chosen by experts to support children's mental health and wellbeing.

Children have had a lot to cope with this year. Reading Well for Children is a collection of books to help parents and carers to discuss the difficult issues with their children. The books cover general information and advice about:

- maintaining good mental health and wellbeing
- understanding and managing feelings
- dealing with worries
- navigating the world around you, including at school, online and in the news
- dealing with tough times, including when someone dies, trauma, and when a parent or carer has mental health needs
- support for living well with specific diagnosed conditions including Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD), Obsessive Compulsive Disorder (OCD) and physical disabilities

The books are free to borrow and are available on the open shelves of local public libraries. The Reading Well for Children 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. Tring School Learning Resource Centre has a large selection of the Reading Well for Young Adults collection which are available for students and staff to borrow.

Dr Clare Etherington, GP, says "I don't think books replace formal counselling and help, but they can empower and help family conversations. I think books can be starting points for things that are difficult to discuss". Reading books such as Ruby's Worry, Me and my Fear and What's Going on inside my Head will help families to create the space for these helpful discussions. The booklist of 33 titles provides quality assured information, advice and stories to support children's mental health and wellbeing. The books are all selected and endorsed by health experts, children and families.

Tel: 01442 822303 Email: tringschool@tringschool.org www.tring.herts.sch.uk



Even before lockdown and the difficult issues this year, there has been concern about the mental health and wellbeing of children.

- One in eight (12.8%) 5 to 19 year olds had at least one mental health condition when assessed in 2017.
- Over a third of parents of children aged 4-11 (34%) worry about their child's mental health at least once a week, and these worries appear well placed as almost two thirds (60%) of children aged 8-11 say they feel stressed, sad or worried at least once a month.
- There has been an increase over time in the prevalence of mental health needs in 5 to 15 year olds. Rising from 9.7% in 1999 and 10.1% in 2004, to 11.2% in 2017.
- Schools are on average making 183 Child and Adolescent Mental Health Services (CAMHS) referrals every school day. Most referrals (56%) came from primary schools.

All Hertfordshire's large and medium libraries are now open. The website www.hertfordshire.gov.uk/libraries has information regarding current opening hours and the measures that have been put in place to ensure safety and social distancing.

Our LRC team will be very happy to assist students in locating the Reading Well for Young Adults collection at school and they can either pop into the LRC before lessons begin, or alternatively, email me swatkins@tringschool.org for assistance and more information.

Yours faithfully

Mrs S Watkins
Manager Learning Resource Centre