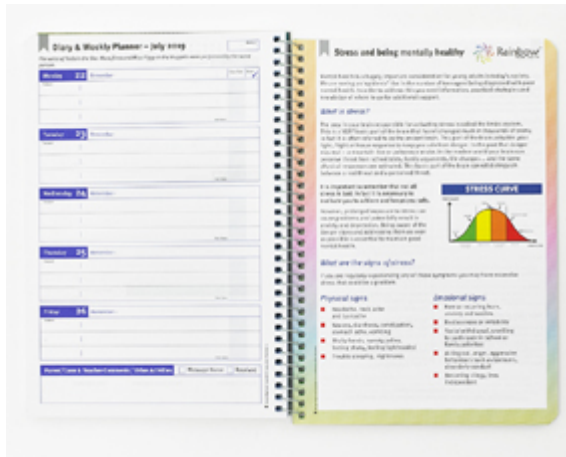


Can student planners help reduce stress and improve well-being?



This week is not just about Safer Internet Day, it is also Children's Mental Health Week #childrensmhw.

A #YoungMindsUK survey of 6,719 teachers showed that teachers spend around 4.5 hours each week on well-being and the recent posts on #banthebooths show that schools can be very stressful places for young people.

There are no simple answers but there are simple tools which can help some children. You might want to look at a company called Penstripe that makes student planners that don't just contain space for homework and timetables but can be personalised with things like code of conduct, uniform etc. and, even better, have advice on health and well-being. If schools are going to have planners that children have to carry with them at all times shouldn't they also have advice that young people need and give them helpful strategies?

Penstripe Student Planners