

VSH Update

Over 80 virtual schools now using nimbl!

June 2017

“ This month sees the release of another publication that will be of interest to both staff and learners: *Relaxation*. As more and more people are starting to understand the need to pay attention to mental health issues, this is a timely resource and one that we hope will be very helpful in virtual schools and beyond.

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James Bench-Capon, Editor

Relaxation resource now available

A couple of years ago we met with the London Peer Outreach Team to test-drive existing apps and new ideas. One of the things that emerged most strongly from our session together was the need for positive mental health interventions – without using the words ‘mental health’.

With this in mind, we have worked with relaxation expert Jacqueline Lamb to put together a resource offering guided relaxation sessions, breathing techniques and positive visualisation. While these powerful techniques may not be suitable for everyone, for many young people and the adults who work with them, relaxation exercises could really help them become more calm and mindful in everyday life.

Now available as part of **MyLibrary**, the **Care Leavers Library** and the **CPD Library**. See pearson.co.uk/relaxation for more information and a free preview.

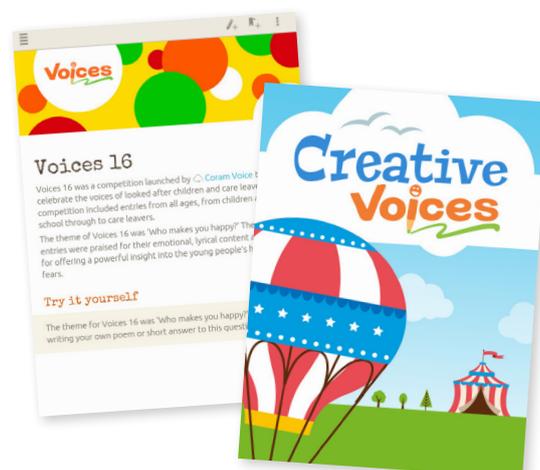
If you would like *Relaxation* to be added to your young people’s libraries, please contact jacquie@pearson.co.uk.



Voices heard

You might have seen the **Creative Voices** app featured in the June issue of *Children and Young People Now*, in a piece about the good work that Coram Voice is doing with young people. We’re really pleased to be working with Coram to help raise awareness of the talent and creativity of children in care.

For more information about **Creative Voices**, see pearson.co.uk/creative-voices or search for it on Google Play or the App Store.





Featured publication:

Personal Development

Designed to help learners as they take the next steps in education or employment, *Personal Development* offers guidance and activities on goal-setting, key personal and social skills and long-term career planning.

Personal Development is full of quizzes, ideas and writing prompts. Topics include assertiveness, coping with stress, being organised, prioritising and time management.

Personal Development is available as part of the **Care Leavers Library**. If you would like us to add this resource to your current groups, please get in touch.

See a demo at pearson.co.uk/personal-development



A growing community

Virtual schools now using *MyLibrary*:

Barking & Dagenham	•	East Riding	•	Merton	•	Southwark
Barnet	•	East Sussex	•	Middlesbrough	•	Stockport
Bexley	•	Gateshead	•	Milton Keynes	•	Suffolk
Birmingham	•	Gloucestershire	•	Newham	•	Surrey
Bournemouth	•	Greenwich	•	Norfolk	•	Tameside
Bracknell Forest	•	Hackney	•	North Lincolnshire	•	Thurrock
Brighton & Hove	•	Hammersmith & Fulham	•	Northumberland	•	Torbay
Bromley	•	Hampshire	•	Oldham	•	Tower Hamlets
Buckinghamshire	•	Harrow	•	Oxfordshire	•	Wakefield
Cambridgeshire	•	Havering	•	Pembrokeshire	•	Walsall
Cardiff	•	Herefordshire	•	Peterborough	•	Waltham Forest
Cheshire West & Chester	•	Hillingdon	•	Plymouth	•	Wandsworth
City of London	•	Hounslow	•	Poole	•	West Berkshire
Cornwall	•	Islington	•	Portsmouth	•	Westminster
Coventry	•	Kensington & Chelsea	•	Reading	•	West Sussex
Croydon	•	Kent	•	Rochdale	•	Wiltshire
Cumbria	•	Kingston upon Hull	•	Sheffield	•	Windsor & Maidenhead
Darlington	•	Lambeth	•	Slough	•	Wokingham
Derby City	•	Lancashire	•	Solihull	•	Worcestershire
Dorset	•	Leicester City	•	Somerset	•	
Dudley	•	Lewisham	•	Southampton	•	
Durham	•	Luton	•	Southend	•	

New additions

 Wokingham

 Find out more

Contact Jacquie at Pearson Publishing to make an order, request a brochure about mobile learning for children in care or arrange a free visit from us. You can also find out more at: www.pearson.co.uk/virtual-schools.



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