

Risk factor: Personal problems

Personal problems may be linked to health challenges, such as social uneasiness, sadness, and conditions like ADHD, autism spectrum disorders, and sleep difficulties.

- It is very important that the school receives the information it needs to adapt and adjust the teaching and school day in the best possible way. To achieve this, the school should collaborate with all members of the support network: Educational Psychology Service, Child and Adolescent Psychiatry, Child Welfare, School Nurse, Mental Health and Addiction Services, and General Practitioner.
- The school should organize and facilitate meetings with students and parents before the school year starts. It is also important that representatives from the 'sending school' attend and share their experiences with adjustments.
- Regular meetings should be held between the student, teacher, parents, and representatives from both school-based and outside support services.
- Offer extended time in Year 1 and/or Year 2.
- Use an educational assistant in the classroom and, if necessary, during breaks.
- Provide suitable learning activities either at school or outside of school.

Program – Guidance and information on mental health provided to all students.

'Talk about it': Set a designated (fixed) week during the school year specifically for Year 1 students. During this week, organize gatherings that focus on various themes related to mental health, including strategies for managing it throughout their education and practices for maintaining their overall well-being. Introduce health partners and school staff who will collaborate to support student health. In classrooms, students work on tasks they choose related to mental health topics. Invite health personnel to visit classrooms to answer students' questions and provide support.

Assign each Year 1 student a learning partner, a learning group, and a classroom seat at the start of the school year. Change the partner pairs and groups every three weeks to help students work with different classmates and build connections quickly.

Source: *Health Region Vestre Viken*