



Children & Young People's Strategic Partnership

Children & Young People's Resource Pack



Back to School,
Edition

August 2026



ACTIVITIES

Fun filled back to school colouring sheets & activities to get you excited for the new school year

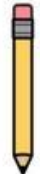
A back to school colouring page for you to colour



A back to school scavenger hunt.
Can you find all the items listed?

BACK TO SCHOOL

scavenger hunt

☐		☐		☐	
	glue bottles		crayons		books
☐		☐		☐	
	pencils		your desk		markers
☐		☐		☐	
	erasers		clock		stapler
☐		☐		☐	
	backpack		scissors		glue sticks
☐		☐		☐	
	paper		white board		tape

© teachingmama.org

A back to school word search.
Find and circle each word in the puzzle.

Back to School

a	c	a	t	e	a	c	h	e	r
v	b	p	l	a	y	o	p	q	z
c	o	s	q	e	a	i	d	m	s
d	o	d	w	b	z	u	v	a	f
p	k	f	c	a	q	y	z	t	v
e	b	g	l	g	w	t	x	h	b
n	n	h	a	r	e	r	n	k	q
c	f	j	s	s	c	h	o	o	l
i	u	k	s	t	y	u	i	o	p
l	n	l	f	r	i	e	n	d	s

The MumEducates

pencil
bag

math
play

teacher
friends

fun
class

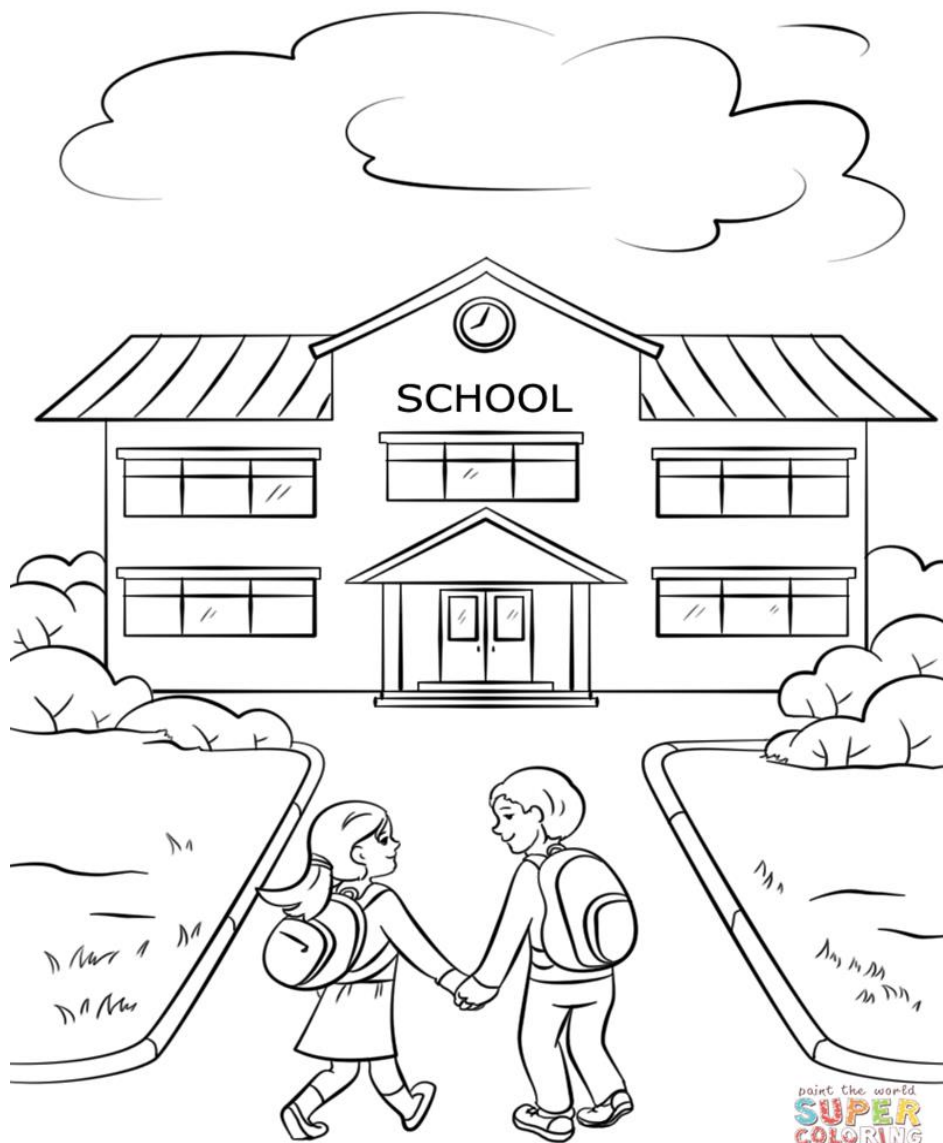
school
book



A first day at school activity and colouring page for you to fill in



A back to school colouring page for you to colour



Back to School Pencil Holders



- Add a strip of glue / double sided tape to the tin.
- Line up a piece of coloured paper and wrap it around the tin, securing the end of the paper with more glue / double sided tape.
- Cut slits in the extra paper that is above the tin.
- Place glue / double sided tape on each slit and push down into the tin, pressing it against the side to secure.

Supplies:

- Empty food tin
- Coloured paper
- Scissors
- Glue or double sided tape
- Stickers (optional)



- Using glue / doubled sided tape, stick different widths of coloured paper to the tin to make stripes or cut different shapes of coloured paper and stick to the tin.
- Or you could decorate the pencil holder with stickers.



Wildlife Yoga: Can You Strike a Wild Pose?

Stretch, balance and have fun as you copy some animal-inspired yoga poses!

How to do wildlife yoga



You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Butterfly



Fox



Pine marten



Frog



Snail



Starfish



Heron



Adder



Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2020

Spell Your Name Game

Spell out your first name, surname, or even your favourite animal and complete each movement in order!

A

Bend down
and touch your
toes 20 times

B

Hop like a frog 8
times

C

Jump up and
down 5 times

D

Pretend to ride a
horse for a count of 15

E

Do 10 star
jumps

F

Balance on
your left foot for
a count of 10

G

Balance on your
right foot for a
count of 10

H

March on the spot
for a count of 20

I

Walk sideways
for 20 steps

J

Try to touch the
clouds for a
count of 10

K

Crawl like a crab
for a count of 20

L

Curl up like a
hedgehog for a
count of 10

M

Walk like a bear
for a count of
15

N

Waddle like a
penguin for a
count of 20

O

Spin around in
a circle 5 times

P

Walk backwards
for 20 steps

Q

Flap your arms like
a bird 25 times

R

Run to the
nearest door
and run back

S

Stop like an
elephant for a
count of 25

T

Slither like a
fish for a count
of 15

U

Dance for a
count of 20

V

Run on the spot
for a count of 20

W

Hop like a frog 8
times

X

Wave your
hand above
your head like
a tree

Y

Wobble like a jellyfish
for a count of 10

Z

Stretch like a scarecrow
for a count of 10



STARTING SCHOOL

Starting school / nursery is a big adventure - for children and their grown-ups! These helpful resources are here to get everyone ready for the exciting first day



Five ways to ease the transition to starting school



Keep a consistent routine



Travel to school beforehand

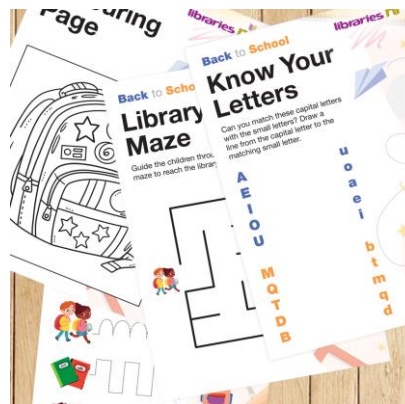


Talk to friends and family

Encourage your child to share their feelings



Practise sharing and turn-taking



To help children starting school, Libraries NI have some fun activities which can be downloaded.

<https://www.librariesni.org.uk/starting-school/resources/>



Preparing Your Child for Starting School

Tips from BBC Tiny Happy People on preparing your child for starting school

1. Talk to your child about starting school

Bring the topic of starting school into daily conversations. Perhaps you could ask your little one what they expect from school or what they hope it'll be like.

New experiences can make us a bit nervous as well as excited, so if you or your little one have any worries about starting school do have a chat with their teacher.

2. Practise the basic skills they'll need for starting school

Spend some time with your little one each day chatting about what you are doing and listening to them, commenting on colours or counting their stuffed toys.

It can be as simple as talking about the colours of the flowers in the park or counting things.

3. Visit their new school

If possible, try to visit your little one's new school and ask for a tour. It'll help them feel at ease and get used to their new surroundings.

Some schools even offer 'settling in' days which are a great opportunity for your child to get used to their new learning environment.

4. Practise self-care

Being independent is a useful skill when a child starts school, so encourage your little one to do things like getting dressed themselves, blowing their own nose and going to the toilet alone.

Make sure you give them plenty of time to practise these important life skills and remember to praise all their efforts, no matter how small, as this will build their confidence.



First Day at School Resources from BBC
Bitesize for any wee ones starting P1 in
September



'Little Owl's First Day' Story -
<https://www.bbc.co.uk/bitesize/topics/z74n6v4/articles/zhtst39>



'My First Day At School' Game -
<https://www.bbc.co.uk/bitesize/topics/z7qtbdm/articles/zmkmdp3>

Starting
School



Ready for the big school
adventure?

Starting primary school
is a huge step for
children and parents
alike. There may be
excitement, a few
worries, and perhaps a
tear or two as this new
chapter begins.

Whatever you're feeling, you're not alone,
and there are plenty of ways to help your
child feel happy, confident and ready for
school.

Check out Parentline NI's Guide for
Parents for useful hints and tips.

Download Guide:

<https://www.ci-ni.org.uk/wp-content/uploads/Ready-to-go...-Starting-Primary-School.pdf>



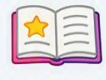
BACK TO SCHOOL

A brand new school term is just around the corner - These resources are here to support children and their grown-ups as they head back to learning, playing, and making new memories



★ BACK TO SCHOOL ROUTINE CHECKLIST ★

🌙 NIGHT-TIME ROUTINE ★

-  Put away toys ☐
-  Have a bath or shower ☐
-  Put on pyjamas ☐
-  Brush my teeth ☐
-  Choose tomorrow's clothes ☐
-  Pack my school bag ☐
-  Read a story ☐
-  Get a good night's sleep ☐

☀️ MORNING ROUTINE

-  Wake up and make my bed ☐
-  Wash my face ☐
-  Brush my teeth ☐
-  Get dressed ☐
-  Brush or comb my hair ☐
-  Eat breakfast ☐
-  Put on my school shoes ☐
-  Grab my lunch and school bag ☐
-  Ready for school! ☐



A good routine helps me feel happy, calm and ready to learn! ❤️



Financial support may be available for eligible families to help with



- Grants to help buy their school uniform.

Find out more: <https://www.nidirect.gov.uk/articles/school-uniform-and-uniform-grants>



- Free lunches or milk at school.

Find out more: <https://www.nidirect.gov.uk/articles/nutrition-and-school-meals>



- Help with home to school transport.

Find out more: <https://www.nidirect.gov.uk/articles/home-school-transport>



In preparation for the new academic year, the Education Authority has a range of information and support available to help parents/carers and children and young people get 'back to school'.

For full details visit:

<https://www.eani.org.uk/BacktoSchool>

Starting Back to School Resource Pack



This Back to School Resource Pack from Autism NI is aimed at preparing your child for going back to school, including a social story, weekly planner and visual boards.

To download for free, visit

www.autismni.org/education

As attention shifts to the return to school, it is a good time to discuss feelings about school. This resource from Middletown Centre for Autism provides a starting point for a conversation about positive and negative feelings about school.

What school means to me...

The name of my school is:

Things that make me happy at school are:



Things that make me sad at school are:

My favourite subjects at school are:

My friends are called:

I wish my teacher knew this about me...

The best thing about school is:

I think it is important to go to school because:



The new school year is the perfect opportunity to focus on road safety and make sure your children know how to cross the road safely.

At school drop-off and pick-up times, roads can be especially busy. Not only does this make crossing more difficult it can also be really distracting and children may not remember their road safety rules, especially if they're excited or spot a friend across the road.

Fortunately, there are plenty of things you can do to help keep them safe. Visit Child Accident Prevention Trust's road safety hub for tips and free activity sheets for children:
<https://capt.org.uk/csw-road-safety/>

Staying safe on the school run



child accident
prevention trust

Is your child travelling to school without you?



child accident
prevention trust

Here are some tips from Child Accident Prevention Trust to help your child with the transition and keep them safe on their walk to and from school without you;

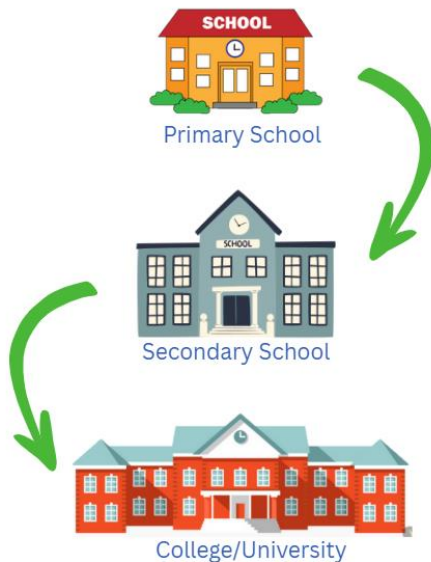
- Encourage them to sit down and plan their route, highlighting safe places to cross and any friends they might travel with.
- To build confidence you can practice the route together.
- Talk about the dangers your child might come across and ask questions to encourage them to think for themselves.
- Devices can be a major distraction, so encourage your child to put them away and take any headphones out while crossing the road.



TRANSITION

Big changes can be exciting - and a little bit scary too! Whether you're moving up to secondary school or heading off to college or university, these helpful resources are here to guide you every step of the way.

Let's get ready for new adventures, new friends, and lots of learning!



Tips for Preparing for Transition

Every child will be different in their approach to transition from primary to secondary school. Some will cope and adapt automatically, some will need a little bit of help and some will need more help. These are some things which could be done in order to prepare children for the transition. This list is not exhaustive - there are more things you could do and every child will be different in what they need to help them.

Visit the new school

Drive past new school on a few occasions

Get a map of new school to familiarize with hallways etc

Make a list of what is needed in schoolbag everyday

Give timetable in advance - display in house

Books to introduce new subjects

Special needs communicated to new school

List special equipment needed for subjects

Pack schoolbag night before

Drive the school route to familiarise

Ask for class list for any people known from previous school/class

Keep a diary of homework towards end of primary school

Organize new uniform early

Lay out uniform night before

Any problems with new uniform - able to tie/tie/wear new shoes?

Aware of times - start of day/assembly/break/lunch/home time



Transition

Ag bogadh ar aghaidh

Ig bug-oo air eye



Transition

Ag bogadh ar aghaidh

Ig bug-oo air eye

School uniform

Culaith scoile

Kul-ee skulla

School bag

Mála scoile

Mala skulla

Lunch bag/ box

Mála/ bosca lón

Mala/ bos-ka loan

Class room

Seomra ranga

Shomra ranga

Dinner hall

Halla dinnéir

Halla dinyir

Sports hall

Halla spóirt

Halla spore-ch

Yard



Clós

Close

Pencil case

Cás peann luaidhe

Caas pan lou-he

Pencil

Peann luaidhe

Pan lou-he

Rubber

Scríosán/cuimilteoir

Skrisan/kimeltor

Book

Leabhar

Lore

Marker

Marcóir

Markor

White board

Clár bán

Clar bwan



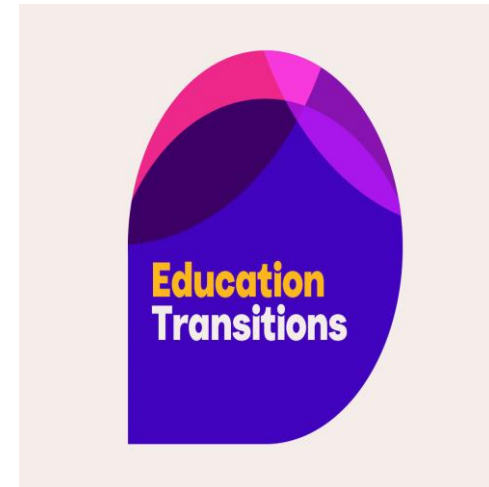
Post Primary Resource



Moving to secondary school is an exciting new chapter.

This Autism NI Post Primary Resource helps children build confidence and become familiar with the routines, expectations and experiences they may encounter in their new school.

To download for free, visit
<https://autismni.org/help-support/resources/education-resources>



Many autistic children and young people find the change of starting or moving to a new school challenging. If you're the parent or carer of an autistic child, it can be difficult to know how to help.

Check out this guide from National Autistic Society for information and strategies:
<https://www.autism.org.uk/advice-and-guidance/topics/transitions/northern-ireland>



Improving
children's mental
health



Starting secondary or high school can feel like a huge leap for children and their families. Check out advice from Pace2Be on how to help your child, and family, manage the transition from primary to secondary school.

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>

BBC Bitesize

Preparing your child emotionally for starting secondary school

- Don't let your worries become their worries
- Increase their independence over the summer holidays
- Don't let them feel unsafe because you are constantly talking about safety
- Prepare them for all of the new opportunities that they'll have at a bigger school





As students start to think about what their life in college or university will be like, it can feel very exciting but also overwhelming.

This resource from Middletown Centre of Autism provides top tips to support young people preparing to commence college or university in the coming weeks.

https://www.middletownautism.com/files/shares/Resources/Thurs_25_Aug_Top_Tips_-_For_Starting_College_or_University.pdf

**Your Future, Your Choice:
Bridging the Gap**

Supporting your transition
from school to college,
university and work

RNIB
Northern
Ireland
See differently



This guide from RNIB Northern Ireland is aimed at young people with vision impairment, to help prepare for their future after school.

https://media.rnib.org.uk/documents/Your_Future_Your_Choice_Bridging_the_Gap_NI.pdf

LUNCH BOX & SNACK IDEAS

Yummy lunches and tasty snacks
make school days even better!

Check out these easy ideas to help you
pack delicious, healthy treats that give
you energy to learn, play, and grow



Pack lunch ideas

Main

Wrap
Sandwich
Roll
Pasta
Crackers
tacos/pitta
Cracker breads
Bagel
Boiled egg
Egg muffins

Filling ideas...
Ham,
Tuna(sweetcorn)
Cheese, egg,
cream cheese,
chicken, turkey

Side

Carrot sticks
Pepper slices
Sliced
cucumber
Pepperoni
Cheese
portion
Hummus and
veg sticks
Cheese and
fruit sticks
Sausages
Tomatoes
Bread sticks

Snack

Rice cakes/oat
cakes
Berries
Raisins
Yoghurt
Banana bread
Apple slices
Popcorn
Pancakes
Smoothie
Jelly
Fruit



After-school snacks



- Fresh fruit - fruit in season is often cheaper
- Tinned fruit in natural juice
- Small sticks of hard cheese
- Bagel or English muffin with a thin spread of jam
- Toast with mashed banana or peanut butter
- Popcorn (without sugar or salt)
- Rice cakes (unsalted)
- Small sticks of celery, cucumber, carrot or pepper with a dip such as hummus or cream cheese
- Strips of pitta bread, pancakes or chapatti



Tooth-friendly snacks and drinks



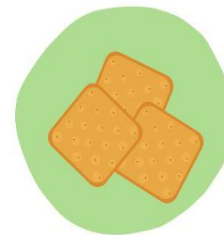
breadsticks, bread,
pitta, toast, crumpets



raw/cooked
vegetables



fresh fruit



crackers/oatcakes



unsweetened
yoghurt



milk/water



This easy chicken wrap recipe was inspired by the TikTok sensation. Simply fill each quarter with a different filling and fold up for instant layers.

Chicken TikTok wraps recipe - BBC Food - https://www.bbc.co.uk/food/recipes/tik_tok_wrap_84387



A wrap is a great alternative to the standard packed lunch sandwich.

Lunchbox roll-ups recipe - BBC Food - https://www.bbc.co.uk/food/recipes/lunchbox_roll-ups_89787



Strawberry Banana Peanut Butter Smoothie

1 cup of frozen strawberries
1 banana
1/2 cup of peanut butter
1 cup of milk

RESULTS DAY

Results day can bring a mix of emotions. Whether you're feeling excited, nervous, or unsure, the resources in this section are aimed at helping you prepare for the day

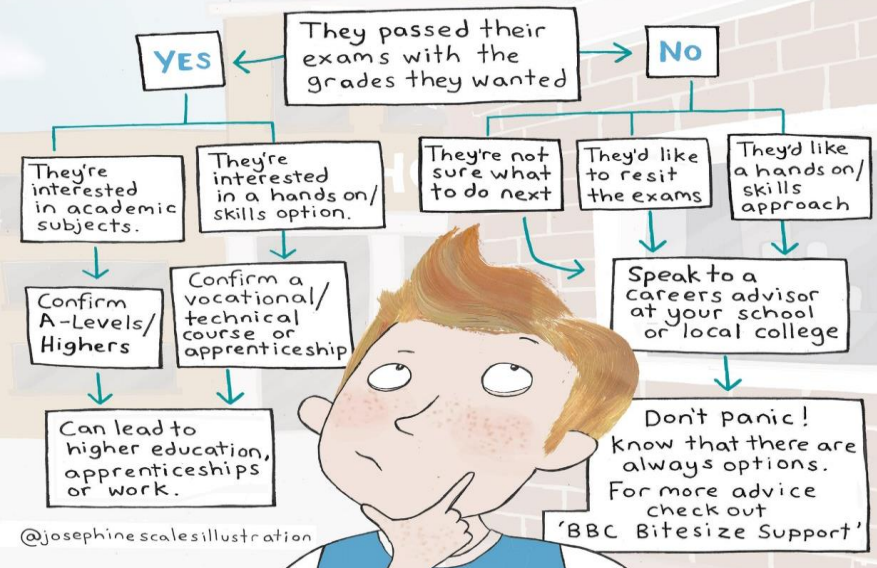
Grades do not define what you can go on to achieve.

BBC
BITESIZE



BBC
BITESIZE

What Next?



Head to CCEA's Summer 26 support page for everything you need:

- ☒ Key dates & what to expect
- ☒ Wellbeing support
- ☒ Post-results & appeals info

... and more!

<https://ccea.org.uk/students-prents/exams-results-support>

Results Day and Wellbeing Support Guide 2026



Results Day and Wellbeing Support Guide 2026

Getting your results can be an exciting but sometimes overwhelming experience. CCEA have created this Results Day and Wellbeing Support Guide to help you feel more prepared and supported, every step of the way -

<https://ccea.org.uk/downloads/docs/ccea-asset/Results/Results%20Day%20and%20Wellbeing%20Support%20Guide%202026.pdf>

Exams results day, and the lead up to it, can be a stressful time – especially if you're worried that your exams didn't go as well as you had hoped, or are disappointed with your results.

We've shared some advice on how to look after yourself in the lead up to results day, and on the day.

Waiting for your results

The period of time from when you break up to when the exam results come out can seem endless and intense. Here are some top tips to cope with the interminable wait:



Make plans

Make plans with your friends and interact with people. Avoid sitting home and worrying. Even if exams went badly, focus on what you can change, not what you can't. It will help to regulate your mood and give you a lift if you see other people.



Get yourself into a routine

As much as we love the idea of a lie-in for 6 weeks, being out of routine can actually lead to more anxiety. Try to get up at a similar time each day, get some sunshine, eat healthily and get yourself organised.



Decide how you want to get your results

In a group? With your parents or friends? What would make things easiest on the day?



Be kind to yourself

Accept it's normal to feel worried and strange, and immerse yourself in something you love. Watch your favourite movie, go for a walk, have a relaxing bath and take yourself away from it all for a while.



Don't dwell on it

Be strict with how much time you spend discussing and thinking about exam results. It's likely you and your friends, and family, will want to discuss and debate what could, might, or has happened. Set aside time (say half an hour a day) where you think and talk about it – some people call this 'worry time'. The rest of the time, get on with your life!



Map out the scenarios

Facing the worst case scenario head on can take away its power. Make a plan of what you could do if you don't get the grades you need. Nothing is unsolvable, things will get better, and there are a tonne of alternatives to every situation.



Make a list of all the things you enjoy

Find the time to do them. This can reduce your stress levels, improve your mood, and help you feel refreshed and relaxed.

Results day - coping with the stress

It's finally here, the results are in. Whatever happens, the most important thing to remember is nothing is insurmountable.



Recognise the emotional rollercoaster everyone is on

The school will be a cauldron of emotions – from frustrated, angry, and upset students, to those celebrating and totally ecstatic. Prepare yourself as best you can for the range of emotion, remember people are likely to react differently to normal.



Be there for your friends, but also take care of yourself

It's tempting to put others' first, particularly if they haven't got the grades they wanted, but take time to also look after yourself.



Another route?

If things don't go as planned, look at all the options you have available to you and plot a new course. It could be to the same goal (for example doing re-sits so you can go onto further education) or it could be to a completely new goal.



Make a list

Make a list of all the things you want to do in life which don't involve exams. You will soon see that exams are only a small part of the picture.



Don't compare yourself

We are all different. Not better or worse, but with our own gifts and skills. If the results aren't what you imagined, don't beat yourself up. Academic success is just one of many attributes to be celebrated. Remember who you are and what you're good at.



Get inspired!

With a spot of Googling you can find endless stories of inspirational people who have chartered their own course - from Steven Bartlett to Victoria Beckham. Whatever happens, life is far from over!



Ask for help and advice

There are so many people around you who can offer insight, such as teachers, career advisers, parents and family members. Try to get a range of opinions.



Seek support

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:



Text **CONNECT** to **85258** for free to speak to Shout



Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat



Visit place2be.org.uk/help for more advice

CCEA's results helpline is open to help students with any queries relating to results.

Open Monday to Friday,
9am–5pm, until Wednesday
26 August 2026.



 028 9026 1260

 helpline@ccea.org.uk

 They deserve to celebrate no matter what

 Getting to this day is an achievement in itself

 Results don't define them

 They're not alone

Results day reminders for young people ...

 They'll find their way

 Results are a small part of their journey

 They don't need to have everything figured out

 It's okay if their journey looks different

DON'T LET EXAM RESULTS AFFECT YOUR MENTAL HEALTH



Well done... its over!
wahoo



It is normal to be
overwhelmed



It is ok to be upset you
didn't get the results you
hoped for



It is great to be excited
for the future



Don't worry about making
a decision right now



Don't compare
yourself to others

@mypossibleself


community wellbeing
info

Exam results day is stressful for everyone, whether you sat the exams yourself or care about someone who did.

It's normal to feel upset, disappointed and anxious if you didn't get the results you hoped for. Know where to get help if you're feeling overwhelmed.

<https://communitywellbeing.info/managing-stress-on-exam-results-day/>



WAITING FOR EXAM RESULTS

HAVE AN OPEN AND HONEST CONVERSATION



About when the exam results day will arrive and what to expect. Think about when is best for you and your child to have the discussion.

- **ONLY ENGAGE IN CONVERSATION** when your child is in a regulated state.
- **CREATE A SUPPORTIVE AND NON-JUDGEMENTAL ENVIRONMENT** - Think about where your child feels most relaxed and happy. If they do not wish to talk that is okay, wait until they are ready to talk.
- **LISTEN** - Asking too many questions can heighten anxiety. Give your child time to process and express their feelings. Do not rush them when speaking or interrupt with questions.
- **NOT EVERY YOUNG PERSON WILL BE ABLE TO OR MAY CHOOSE TO TALK** openly about how they are feeling. Respect their right to do so.
- **NOTICE CHANGES** - e.g. changes in sleeping and eating patterns, physical changes such as fidgeting, agitation, pacing more, upset stomach, sweaty hands, repeating speech etc. these can be good indicators they are feeling anxious and worried.
- **INCREASE SUPPORTS/SUGGEST RELAXING ACTIVITIES** e.g. listening to music, breathing exercises, going for a walk, or doing a favourite hobby etc can be beneficial.
- **SEEK EXTERNAL SUPPORT** from friends, family, counsellor, or a medical professional if required.

SUPPORT EMOTIONAL WELLBEING



- **TAKE AWAY THE PRESSURE.**
For many, the pressure is from within themselves to do well to please their teacher and family. At home reducing the pressure can be helpful.
- **REASSURE AND REMIND** your child of their many skills and strengths, their friendships and any planned holidays/trips that have been organised.



KEY TAKE AWAY MESSAGES TO REMEMBER

- 
- **YOU KNOW YOUR CHILD BEST** - actively listen and focus on what your child is doing (e.g. do they appear withdrawn/quieter/more active than usual, sleeping less/more, eating less/more or they doing more self-regulatory behaviours etc.). This can let you understand how they are truly feeling and be an indicator to increase supports.
 - **CONSIDER YOUR CHILD'S EMOTIONAL WELLBEING** by taking away pressure to talk about exam results and allow them the time and space to enjoy relaxing activities they like to do.
 - **ACKNOWLEDGE YOUR OWN WORRIES AND ANXIETY** - looking after your own wellbeing and engaging in self-care activities can help you relax and remain positive through this period of your child's life and bring about a more relaxed home environment.

Waiting for exam results can be a stressful time for young people and their families. This resource from Middletown Centre for Autism focuses on having gentle conversations and taking away pressures to make the wait a little easier for any stressed young people.

https://www.middletownautism.com/files/shares/Resources/Mon_5th_Aug_-_WAITING_FOR_EXAM_RESULTS.pdf



Careers Service

Exam results advice and support for students and parents

Next steps

There are numerous options for young people to consider after results day, including:

- continuing in full-time education
- doing an apprenticeship or traineeship
- getting a job
- taking a gap year

As a parent/ carer you may be uncertain about the best way forward for your child after they have received their exam results.

You will want to know how best to support and guide them, particularly if they do not get the results they had anticipated.

Careers support

The Careers Service has a team of professionally-qualified advisers who provide free, impartial advice and guidance to both parents/carers and students when considering future educational/career paths.

Careers advisers use up-to-date labour market information, including new and growing sectors, and knowledge of the skills and qualities employers are looking for.

There may be career opportunities available that you have not even considered before.





Careers Service

Exam results advice and support for students and parents

Online help

You will find useful information in the nidirect results section, including articles on:

- your various options
- continuing education
- student life
- work and training
- useful contacts

<https://www.nidirect.gov.uk/campaigns/results>

Support for young people with special educational needs

Careers advisers can explain the options and support available in education, training and employment.

<https://www.nidirect.gov.uk/articles/career-planning-young-people-special-educational-needs>

Querying your results

If you have a query on any issue relating to your results, your school will be able to advise you of the procedure to follow.

Contact a careers adviser

Careers advisers are available to offer support whatever the circumstances, and at any stage in a person's career journey, even after they have left school:

- phone: 0300 200 7820
- email by completing the online form at Ask Careers - <https://skills.economy-ni.gov.uk/AskCareers/AskCareersForm>
- go online and chat with an adviser - <https://www.nidirect.gov.uk/services/chat-careers-service>

Careers advisers are available from 9.30 am to 4.30 pm, Monday to Friday (excluding public holidays).





Careers Service

Exam results advice and support for students and parents

A Level students: UCAS clearing/ universities

- UCAS Results, confirmation and clearing - <https://www.ucas.com/applying/after-you-apply/clearing-and-results-day>
- Queen's University Belfast - <https://www.qub.ac.uk/>
- Ulster University - <https://www.ulster.ac.uk/>
- Stranmillis University College - <https://www.stran.ac.uk/>
- St Mary's University College - <https://www.stmarys-belfast.ac.uk/>
- Open University - <https://www.open.ac.uk/>

Further Education colleges

Contact details for the Further Education (FE) Colleges, which provide full-time and part-time Higher and Further Education courses.

<https://www.nidirect.gov.uk/contacts/further-education-fe-colleges>

Social media

You can follow the Careers Service at:

- [Instagram: @Economy_NI](#)
- [X: @Economy_NI](#)
- [LinkedIn: Department for the Economy NI](#)

More useful links

- How the Careers Service can help you - <https://www.nidirect.gov.uk/articles/how-careers-service-can-help-you>
- Guides to help with career planning - <https://www.nidirect.gov.uk/publications/guides-help-career-planning>
- Skills in demand - <https://www.nidirect.gov.uk/articles/skills-demand>
- Getting ready for university or college - <https://www.nidirect.gov.uk/articles/getting-ready-university-or-college>
- Financial Support at school and college - <https://www.nidirect.gov.uk/information-and-services/11-19-your-learning-and-career-options/financial-support-school-or-college>



WELLBEING

It's okay to feel all kinds of feelings - happy, sad, worried, or anything in between.

Everyone has ups and downs, and you're not alone.

Take a look at the resources in this section - they're here to help you feel supported, understood, and more like yourself again.



SELF-CARE *for* AUGUST

@POSITIVELYPRESENT



Oh, did you know
that you are
wonderful?



YOUTH WELLNESS WEB

Feeling overwhelmed?
Anxious? Or just need
some tips to stay well?

YOU are not alone.

The Youth Wellness Web
is here for YOU –
anytime, anywhere.

No matter how big or
small it feels, it's okay to
reach out.

[HTTPS://CYPSP.HSCNI.NET/YOUTH-WELLNESS-WEB/](https://cypsp.hscni.net/youth-wellness-web/)

Working in Partnership since 2011



Are you returning to school, uni or
college in the next few weeks?
Perhaps you are starting a new one?

Check out the CYPSP Youth Wellness
Web for tips and advice on settling
back in or transitioning.

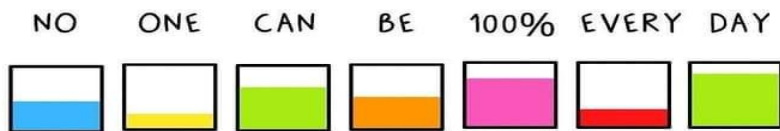
It can be an anxious time, but support
is available!

**[https://cypsp.hscni.net/youth-
wellness-web/](https://cypsp.hscni.net/youth-wellness-web/)**



Emotion Wheel





and that's OKAY!

