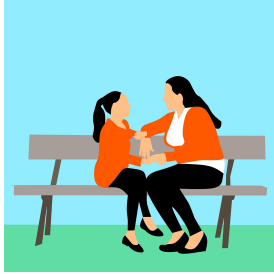


Preparing your child for coming back to school

MARCH 2021

We are really looking forward to seeing you all again soon but we understand that coming back to school after lockdown is going to be a big adjustment for families.

Here are some tips for preparing your children, and the wider family.



Talk Time

Talk with your child about what they have enjoyed and what has been hard about lockdown. They might have very different feelings from the adults in a household. This is a very good starting point for working out how to support them.

Bedtime routine

Establish a good bedtime routine again so that your child can prepare for getting up early and being ready to learn.



Mealtime Routine

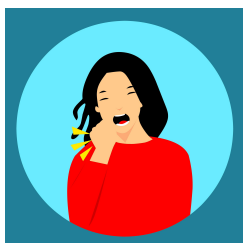


Some children have been used to having lots of snack food throughout the day so begin to set mealtimes so they are ready for the school routine.

Independence

Provide them with opportunities throughout the day to be independent again as they may have become used to people doing things for them.

Understanding the Pandemic



Use stories (available on our website) to explain what has happened and why all children can now return to school. Many children are confused as they can't see what has changed and why it is now considered to be safer than it was at the beginning of the year. This is also an opportunity to remind them of the routines which will keep them safe, such as handwashing and social distancing. (social stories available on the school website)

Preparing your child for coming back to school

Our website has lots of useful resources.

Please look for **Mental Health** and **Bereavement** support under the Curriculum tab:

Mental Health



Calming down worries for adults



Calming down worries for children



Living with worry and anxiety amidst global uncertainty



Mood Self Assessment



Improve Mental Wellbeing



Support Parents Pathfinder



West Sussex MIND Courses



Reaching Families Org

Please look for **social stories** in the Special Educational Needs and Inclusion section under the our school tab:

Social Stories



Story about PPE



How to wash my hands



Social Distancing



Being outside is different



Going out more



My story about grandparents

One thing that hasn't changed is our commitment to doing the best we can for our school community, and we will try our hardest to make it another smooth transition for everyone!