



## Support for Returning to School

We know that for many, the return to school will be an exciting and positive experience. For others, these feelings will be mixed with worry and for some, there will be significant anxiety about their return to school. All these feelings may be displayed in the behaviours that your child may show in the coming weeks and months as they begin the process of returning to school, including reluctance to attend, clinginess, tearfulness, broken sleep, grumpiness or mood swings and feeling sick. These behaviours may be a way of showing the emotion and stress that they might be feeling. This document may help in preparing wherever your child is on this scale.

### **How can I prepare my child for returning to school?**

Read or watch the updates from school and check all the information that has been released including the FAQs document, video updates and the induction video, and class dojo posts. Continue to stay up-to-date with all the latest information.

### **What could I do in the week leading up to the return?**

Start your normal morning routine.

Walk or drive the route to school and 'visit' the school.

Use language such as "when you go to school" rather than "if you go to school."

Use visual aids such as calendars to count down to school starting.

Talk about what they enjoy about school.

Reflect on your period of home-learning and share your feelings about returning to school.

### **What should I do the day before the return?**

Talk about returning to school in a positive way but be honest about feelings and concerns.

Watch one (or more) of the Holy Rosary TV videos for reassurance.

Get bags and clothes - no uniform - ready in good time and talk about the morning routine.

### **What if they are still worried?**

Talk - Talk - Talk – let them share all of their worries with you, recognise their concerns and offer reassurance where it is needed.

Tell them that their class teacher and other staff are really looking forward to seeing them.

Let us know by using [coronasupport@holyrosary.staffs.sch.uk](mailto:coronasupport@holyrosary.staffs.sch.uk) and we can inform staff to be prepared to offer additional pastoral support to your child as required.

The ideas within this document have been heavily supported by a blog by Raft Psychology written by Dr Tara Quinlivan, kindly shared by a parent. To read more, click here:

<https://www.raftpsychology.com/news/gyid0efdmvmjw4r9xxly04rwrjd0o>