

Dear Parents and Carers

Supporting your child's return to school

We are all delighted to be welcoming the children back to school on Monday but we understand for many this is still an anxious time. We'd like to share some tips to support your child's return to school and to minimise and manage any anxiety they may have.

- **Create a sense of safety** – help your child to understand that the school will be doing everything it can to keep them safe and that the Government are following the advice of the country's top scientists in re-opening schools. Encourage your child to understand that they have control over their safety by following the rules and guidelines in school – for example washing their hands regularly. Explain that on the first day their teachers will run through the measures and rules in school so that everyone understands.
- **Re-establish your term-time routine** – help your child get back to appropriate times for bedtime, mealtimes and so on.
- **Ensure that you have everything you need** to avoid the last minute panic! - This includes trying on their school uniform. Explain to your child that the school understands that shops are not open and will be flexible about things like school shoes if they have grown out of them.
- **Re-connect with your child's friends** and build a sense of excitement about the social opportunities returning to school will bring.
- **Reassure your child that their teacher and TA will be able to help them** with their learning and how they are feeling. Explore with them their support networks in school if they are feeling anxious.
- **Encourage them to talk about how they are feeling.** Try not to make assumptions about how they are feeling. Try to be positive in your responses and help them to reflect on the strategies that they have used to manage their feelings in the past.

A supporting factsheet from Dr Jess Richardson, clinical psychologist has put some key tips for parents into a factsheet- <https://nipinthebud.org/returning-to-school-after-the-lockdown/>.

If you have any concerns regarding your child's return, then please do not hesitate to contact your child's class teacher, who would be happy to help. Remember also, that Firefly has lots of information about wellbeing and links to resources and advice.

Kind regards

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Head of Prep