

Resources for returning to school.

Please see the attached resources to support your child in returning to school.

In this pack you will find;

- Returning to school social story
- Back to school social distancing guide
- 'My lockdown experience' activity sheet.

Please take some time to go through these resources with your child as it will support them to feel more at ease and safe coming back to school.

If you are worried about your child's well-being and anxiety here is a useful link with resources, games, videos and activities to support them through this difficult time.

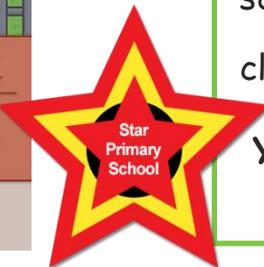
<https://www.childline.org.uk/toolbox/calm-zone/>



Returning to School

Over the past few months, I have not been at school. I have been staying at home because of Coronavirus.

During this time, I have been doing my schoolwork with my parents/ carers. All of my friends from school have also been staying at home. Schools have been shut to keep me and my friends safe from coronavirus.



It will soon be time for me to go back to school if my parents choose. I can see some of my friends and do my schoolwork with teachers. To begin with, only certain classes will be going back. This is OK.

Year 6 will start coming back to school on Monday the 15th of June.

Returning to School

My teachers and friends will be happy to see me back at school. When I go back, some things will be different. This is to keep me safe. I might find the changes difficult at first but my teacher will be there to help me. Everyone finds change hard. This is OK.

- I will be in a 'bubble' which is a smaller class than my usual class. This might be in a different classroom and with a different teacher.
- Break times and lunchtimes might be at different times. I might not be able to sit and eat with my friends but I will be able to wave to them and talk to them from a distance.
- I must keep washing my hands for at least 20 seconds.
- If I am going to sneeze or cough, I must do this into a tissue then put the tissue in the bin and wash my hands.
- I must try to stay 2 metres away from my friends and teachers.

Going back to school will be fun. I must try to remember that the changes are to keep me safe.

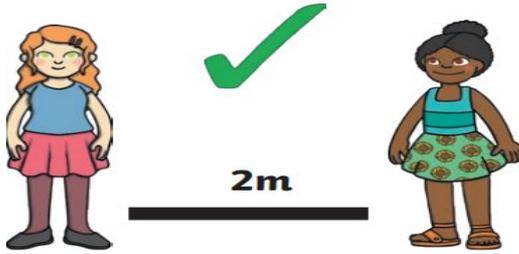
My teachers will be proud of me for trying to remember what I need to do to keep safe at school.



Back to School Social distancing Story



Right now everyone needs to social distance. Social distancing is the best way to stop the spread of the coronavirus! But what does that mean?



We will soon be back in school! In school we will need to stay 2m away from our teachers, TAs, friends, peers and other adults.



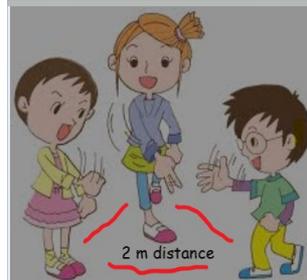
Do not hug, shake hands or touch your teachers, TAs, friends and peers.



Instead we can:



We can also play games like



Wash your hands while singing the Birthday song!



1

SOAK 'EM!



GET THOSE HANDS **WET!**

2

COAT THEM LIKE A GLOVE!



USE ENOUGH **SOAP** TO TOTALLY COVER THEM.

3

MWAHAHAHA



RUB PALM TO PALM! LIKE A SUPERVILLAIN!

4

LOCKED & LOADED!



RUB BACK OF HAND AND BETWEEN FINGERS. SWITCH & REPEAT!

5



NOW INTERLACE FINGERS PALM TO PALM, WIGGLE ABOUT!

6



MAKE TWO FISTS AND INTERLOCK FINGERS.

7

GRIP AND TWIST!



MAKE A FIST AROUND YOUR OPPOSITE HAND'S THUMB AND WIGGLE IN A CIRCLE. SWITCH & REPEAT

8



PRETEND TO PET A LITTLE FRIEND IN ONE PALM IN A CIRCLE, BACKWARDS AND FORWARDS, WITH THE FINGERS OF YOUR OTHER HAND. SWITCH & REPEAT

9



SPLASHY, SPLASHY!

TIME TO RINSE!

10

SUPER DRY!



USE PAPER TOWEL TO **DRY THOSE HANDS.**

11



TURN OFF THE FAUCET WITH THE SAME PAPER TOWEL.

12

TA-DA!



YOU HAVE THE CLEANEST HANDS IN ALL THE LAND!

My lockdown experience

What I liked

home	rest	cooking	cake	xbox	laptop	iPad
TV	gardening	walks	exercise	work	weather	Skype

Any significant events

birthday	achievement	learning	ill	death		
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What was difficult?

concentrating	noise	confused	getting up	timetable	too much work	boring
worry	scared	ill	inside	missing		

How did I learn best?

quiet	music	bedroom	desk	desk	with family	assistant
project	worksheet	online	books	searching		

What am I worried about, going back to school?

ill	cough	changes	children	teachers	uniform	travelling
food	safety					

Responding to the coronavirus: resources for mental health and wellbeing

Supporting schools and colleges booklet - the Anna Freud Centre

This free booklet provides advice and guidance for school staff about how to help children and young people manage their mental health and wellbeing during times of disruption to their learning.

[Go to resource](#)

Supporting schools video - the Anna Freud Centre

This video provides guidance to those working in schools and colleges about how they can help their pupils manage their mental health and wellbeing during any disruption caused by the coronavirus.

[Go to resource](#)

Supporting parents and carers video - the Anna Freud Centre

This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.

[Go to resource](#)

Self-care strategies - the Anna Freud Centre

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

[Go to resource](#)

Helpful information to answer children questions about coronavirus - Place2Be

[Go to resource](#)

Talking to your child about the coronavirus - YoungMinds

[Go to resource](#)

Coronavirus and your wellbeing - Mind

[Go to resource](#)

Worries about the world - Childline advice page

This page includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries.

[Go to resource](#)

Mood journal - Childline

Children can sign up to Childline's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty.

[Go to resource](#)

Calm zone - Childline

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

[Go to resource](#)

Understanding anxiety illustration - Priory Group

[Go to resource](#)

Coronavirus comic strip - NPR

A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.

[Go to resource](#)

Tips for if you're worried about the coronavirus - Newsround video

[Go to resource](#)

How to cope when you can't go to school because of the coronavirus - Newsround video

[Go to resource](#)

Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support

Childline - under 19s can call 0800 1111 for free, confidential support

Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice