

HELPING PREPARE YOU AND YOUR CHILD FOR THEIR RETURN TO SCHOOL

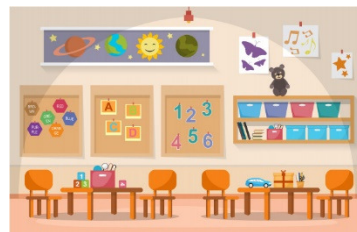
We recognise that some children and parents may be feeling nervous about coming back to school after such a long time at home. So we thought it may be helpful to give you some things to talk about with your child to help prepare them for returning to school in September.

Remember, however you or they are feeling about their return (anxious, worried, nervous, excited, can't wait!, a mixture of all of these), please talk about school in a positive way. They will 'catch their attitude' about coming back to school from you. It will be great and tell them so!

Parents should read our documents on the website to answer any of the questions that you may have about safety measures etc. When talking with your child about school, keep your conversations light, bright and positive, reassuring them that school will be just as it usually is and talking about the things that they can look forward to.

Things to tell your child ...

School will be fun. Think about all the lovely things you love doing that you will be able to do again!



Your new teachers will look after you all day.

They will show you where everything is in your new classroom. I wonder what there is to discover?

Your teachers and friends are really looking forward to seeing you!



It will be great to see, chat and play with your friends again!



You will spend your day with your friends in your class, just like you normally do.

At playtime you will see your friends in the other classes, just like usual.



Your new teachers are looking forward to getting to know you and what you like doing.

Do you remember all the fantastic toys, books and things to learn and play with that you have at school? I know you'll be looking forward to using all of these lovely things again. I wonder what new toys there are for you to discover in your new class?



School hasn't changed. It will feel and look the same as when you were last in school.

Your school day routine will be the same.



Your teacher will be there to welcome you at the classroom door as usual (have a look on our website to see what your new classroom entrance door looks like).



If you need help with anything (or if you fall over outside) a grown up will be there to help you ... and so will your friends!



Everyone will be having packed lunches for dinner to start with. You will be able to sit with your friends in your classroom for lunch.



You will play outside with your friends at playtimes. You can run, chase and play games



You will talk lots in class about what you've been doing at home, things you've learnt and done at home and will be able to ask any questions you have.



You will have lots of exciting new topics to learn about. What would you like to learn about or do this year?

Trust us! The staff will care for and look after your child as brilliantly as always. Your child will be safe. Remember, we have a lot of things embedded in our day to day practice that will support your child's well-being and mental health. This is part and parcel of our usual practice but we will be taking lots of time in September to spend time with the children and talk together to ensure everyone is happy and ready to learn!

Please don't worry about explaining any new rules that will be in place... Staff will talk about new rules that keep the children safe when they come in to school in September. They are very skilled at doing this in an 'infant friendly' and age appropriate way.

There are some important things that you **can** do though that will help us, you and most importantly the children in September...

Talk about school in a positive way.... **What do you like about school?** **What are you most looking forward to?** **What have you missed about school?** **Who are you looking forward to seeing?** **What are you going to do with your friends when you see them?** **What do you want to tell your new teacher?** **Do you have any questions about school?**

Practice hand washing at home, washing both sides of their hands and getting soap in between their fingers.

Make sure your child gets plenty of sleep before they come back to school and are back in a good bedtime routine of going to bed in plenty of time, as they are likely to find the first few weeks of school tiring.

Plan some activities that will get you out and about so that the children get used to going out of the house if you have spent most of your time at home during lockdown. Don't make coming to school their first journey.

Talk with them about the school routine. Tell them who will drop them off and pick them up at the end of the day. Tell them that you will also be going to work or doing lots of jobs/work at home while they are working at school and reassure them that you will both have time together at the end of the day or at the weekend to do some of your favourite things together. Explain that family time will be after school and at weekends, different to now.

Make sure you know what you need to bring into school and practice getting this ready. Establish your morning routine with plenty of practice. Practice getting up and ready and out of the house by a set time.

Read through their welcome postcard/letter with them from their new class teacher.

Closer to September talk about their new teacher, their friends, the things they will be doing at school; create an excitement around returning to school. Go on the website and talk about the photos and look at the Kids News to remind them of some of the things we do at school and how much fun it is!

Make yourselves aware of all the new procedures for you as a parent for September. Contact us in advance if you have any queries or questions.

Keep in touch with us here at school if you have any queries – please do not share any of your worries about coronavirus with your child; ask us.



Please tell your child that school will be good, it will be fun, they will be welcome, looked after, they will be able to manage and they will do well.