

Top Tips

Preparing your child for returning to school after the summer holidays and lockdown.

1. Keep school informed.

Families have had varying experiences during lockdown, If your child has had a particularly stressful time, inform school staff to help them plan and provide the support your child may need.

2. Talk to your child.

Do not assume you know how your child is feeling about returning to school, ask them. This will give you the opportunity to work through any worries they may have and reduce any potential anxiety.

3. Establish routines early

Your family has had to adapt to a new way of working and simple things such as bedtime routines may, understandably have slipped. Re-Establishing these routines gradually and as early as possible will make that first day back more manageable.

4. Share appropriate information with your child.

Children benefit from knowing what to expect, explaining how the school day will look for them when they return will be reassuring.

5. Get prepared early

For some children it has been a long time since they have worn their school uniform and many of them will have grown more than you are aware! Check that uniform fits and allow enough time to obtain new items if needed. (if you have any concerns regarding uniform please contact the school directly as we may be able to help).

6. Ensure your child has the correct equipment

With the new government guidelines in place, where possible students will be encouraged to use their own pens, pencils etc and to avoid sharing. Pack extra in case something runs out.

7. Be patient

Our children have been through major changes and will need time to adapt back to school life, be prepared for changes in mood and energy levels when they return home each day.

8. Look after yourself

It is important that you are mindful about your own thoughts and feelings. If you are struggling, seek support. If you have your own worries about how school might look, do not hesitate to contact the school, we are here to help!