



Reducing anxiety in children

How do I know if my child is anxious about returning to school?

Anxiety presents itself in many different ways...

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The desire to control people and events 	Difficulty getting to sleep 	Feeling agitated or angry 
Defiance and other challenging behaviors 	Having high expectations for self, including school work & sports 	Avoiding activities or events (including school) 
Pain like stomachaches and headaches 	Struggling to pay attention and focus 	Intolerance of uncertainty 
Crying and difficulty managing emotions 	Over-planning for situations and events 	Feeling worried about situations or events 

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What can I do to help my child with the transition back to Nether Edge Primary?

- **Share your concerns with us as soon as possible** – If you think your child will struggle when returning to school, please contact us on yourvoice@netheredge.sheffield.sch.uk. This is a confidential email address managed by Mrs Nott and Miss Ahmed. We will respond as soon as possible detailing how we can support your child in school. This may include sharing information with other school staff but we will discuss this with you before doing so.
- **Work with your child** - Talk to them about new routines and the changes that have happened at school. Watch the videos on Class Dojo support them to understand and talk about how the day might look.
- Most of all **remember the basics** of a good night's sleep, healthy meals, exercise and a good routine at home. Encourage them to talk about their day. Also talk about thoughts, feelings and emotions.

If you ever feel your child needs professional help to manage their feelings or emotions, please ensure you speak to their GP.

Look out for the next issue on Monday 24th August where we share how school will look in September.

I hope you all enjoy the last week of the holidays,

Miss Ahmed