



Returning to school in September information and support

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Top Tips for September

We are almost there!

Not long and we will be back in school and back together. In this final issue, we wanted to share our five tips to get your children ready for the first day back. You will most likely be doing lots of these (and more!) already but just in case, here are our top tips...

Tip 1 - A countdown calendar

Create a countdown calendar for the next 7 days and ask your child to cross each day off, as they get closer to starting school. This can help them to mentally prepare for their return and build up some excitement. This can easily be done on a piece of paper, it doesn't have to be anything fancy.

Tip 2 – Get organised

Make sure your child has everything they need for the first day back. This will include a school uniform, plain black shoes, a named water bottle and a coat. Book bags and PE kits won't be needed straight away but we will let you know when children can bring them into school. Being prepared is another way you can reduce anxiety and increase excitement.

Tip 3 – Look again at Class Dojo

Spend some time looking through the messages on Class Dojo together. Watch Mrs Nott's videos about how school will look, have another read about your child's new teacher and catch up with anything you might have missed. Seeing a few familiar faces can support your child to feel more eager to get back into the classroom.

Tip 4 – Walk the route to school

If you live in the local area, walk the way you normally would to school. Making this trip before the first day back can help your child feel less anxious when doing it for real. Look at the school building (we have re-decorated!) and talk about the lines on the floor. Explain that you will be dropping them at the gate rather than the playground and that there will be many familiar staff around to welcome them and show them the way to go. Seeing it for real can help them to further understand the changes but that the school itself looks exactly the same. If you're lucky, the shutter might be up and you'll get a sneak peek of the new Trim Trail!

Tip 5 – Talk

This is the most important tip of all. Talk to your child. Talk about how they are feeling. Share your concerns, excitement or worries together and with the rest of your household. It's normal to feel slightly apprehensive about returning to school but ensuring your child feels heard and that they can share their worries with you, can help them to feel more confident.

Thank you for reading and I can't wait to see you very soon!

Miss Ahmed