



# Returning to School following Covid-19

Information for Parents and Carers

# INTRODUCTION

Every child and young person is different and therefore their emotions and reactions to going back to school will vary too. There will be children and young people who will manage the transition back to school with minimal challenges and will be happy and excited to be returning to school with their friends.

However, others may find returning to school more challenging. They may be excited by the idea of seeing friends but concerned about how school may be different to the one they left in March.

They may be worried about being in a new class or new school if moving from Primary to Secondary.

They may feel upset about being away from their families after spending so much time with them.

Some children and young people may be anxious about the continuing threat of Covid-19.

Some may have also had difficulties in attending school prior to the school closures.

The important thing is that children and young people need to be reassured that all feelings they have about returning to school (whether they are positive or negative) are normal and accepted. If we work collectively, the hope is we can support all pupils back into education as soon as possible.

We recognise the importance of understanding there will be a period of adjustment for your child to settle back into school. Should you have any concerns about how your child is settling back into school, it will be important to share your concerns with a key member of staff.

# PRACTICAL IDEAS TO SUPPORT YOUR CHILD'S RETURN TO SCHOOL

Model  
Calmness

Encourage your  
child to share  
their thoughts  
and feelings

Maintain  
Friendships

Provide  
Reassurances

Be positive  
and  
thankful

Prepare for  
the return  
to school

Establish a  
clear morning  
routine

Encourage  
your child  
to think what  
they can do to  
make  
themselves  
feel safer

# PRACTICAL IDEAS TO SUPPORT YOUR CHILD'S RETURN TO SCHOOL

**Encourage your child to share their thoughts and feelings** around returning to school. Support them in understanding these feelings are normal but that it isn't wrong to have these feelings or any other feelings they might have towards school.

- Engage them by 'Wondering aloud' as this might support conversations, for example: "I wonder if you're feeling worried about going back to school because you've spent so long at home. I can understand why you would feel like that."
- Other resources such as visual resources like emotional thermometers can also help to facilitate discussion.

**Model calmness** – your child will take their lead from your response to them returning to school and feel more reassured if you are able to provide a calm platform for them to anchor against when talking about their return to school.

**Be positive and thankful** – support your child to think about all the things they are looking forward to for the return to school: spending time with their friends, seeing their favourite staff members, having access to school clubs, favourite lessons, etc. whilst being mindful that some of these things may not be available for them as soon as they initially return to school.

**Provide reassurances** - for example, some children and young people may be concerned about leaving parents/carers after having spent so long with them at home during lockdown. Remind them that you are looking forward to seeing them when they come home from school and listening to what they have done during their day at school. Giving them a small token that reminds them of you such as a note, to keep in their school bag during the school day, may support them to know that you are thinking about them.

### **Encourage them to think about the things they can do to make**

**themselves feel safer** – this can include washing their hands with soap and water for 20 seconds; keeping their hands away from their mouth, eyes and nose wherever possible; listening to what the adults in school tell them to do to keep them safe.

**Establish a clear morning routine at home** in readiness for your child's return to school. Perhaps consider having a calendar on display, showing the run up to the return to school. You could even use a walk as an opportunity to look at your route to school, to help reassure your child that it is not perhaps how they are envisaging it in their minds.

**Prepare for the return to school** – talk to your child about the return to school. This can include things like their new classrooms or key staff. Where possible provide visuals, such as photos. Staff may be able to provide examples of these and/or as a transition pack to build on these discussions or they may be accessible on the School's Website.

- Talk to your child about the ways in which their school/classroom may be different; for example, some schools are planning to return in 'bubbles', but that is also important to note there are also lots of similarities to the school they remember.
- Additional information about other arrangements made by your child's school may be available on the school's website or staff maybe available to provide this for you before the start of the new term by contacting the school directly.
- Discuss with your child who and where they can go to if they need help from an adult. For some children who will have a new teacher, it may be helpful for the teacher to speak to them before they return to school but this can only be established if you reach out to your school if you think this would help.

**Maintain friendships** – encourage your child in trying to maintain contact with their friends safely, before their return to school. This doesn't have to necessarily through a face-to-face meeting, but could rather take the form of a letter, video, or phone call. If your child is struggling in terms of their social interactions/friendships, it would be really useful for parents/carers and staff to discuss these concerns, so that they could be addressed as part of their transition back to school, perhaps in the form a buddy system.

# OTHER AGENCIES/RESOURCES FOR SUPPORT

## Locally

### EWS Service

Salford City Council, Educational Welfare Service  
2nd Floor Unity House, Chorley Road, Swinton, M27 5AW  
[EWS@salford.gov.uk](mailto:EWS@salford.gov.uk) [www.salford.gov.uk/education-welfare](http://www.salford.gov.uk/education-welfare)

## Wuu2

A website for young people in Salford aged 11-9 with activities, events, news and videos

<https://www.wuu2.info/>

## 42nd Street

Supporting young people with their emotional wellbeing and mental health.

If you're aged 12 to 25 and you're struggling, they can help.

<https://www.42ndstreet.org.uk/>

## Nationally

### Childline

Childline comforts, advises and protects children 24 hours a day and offers free confidential counselling.

Phone **0800 1111** (24 hours) [www.childline.org](http://www.childline.org)

## YoungMinds

YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people [www.youngminds.org.uk](http://www.youngminds.org.uk)

## The Mix

The Mix provides information, support and listening for people under 25.

Phone **0808 808 4994** (24 hours) [www.themix.org.uk](http://www.themix.org.uk)