

Returning back to school after a long period of absence can be challenging for both pupils and parents, however there are things that we can do to help ourselves and each other during these difficult times. It is important that you recognise your own worries and concerns but also that you know the staff at school are there to support you.

Here are some worries that you or your child may have about returning to school:

<b>My worries</b>	<b>What can we do to support?</b>
I don't want to leave the house.	Before coming back to school try to go out a little bit more to get used to being out of the house. You could go for short walks, go for a ride out, walk to the park or visit a family member.
I don't want to leave my family.	Going to school is really important and is something that we have to do, it can make you feel a little sad at first leaving your family especially after being with them for so long. Just remember you are only at school for a short time during the day and as soon as you get home you will be back with your family and can make lots of memories. When you are at school you are part of another special family, one that we call our District family, we can't wait for us all to be back together again!
I don't like change.	Change can be very challenging for some people and being at home for so long has been a huge change for all of us to adapt to. Being prepared can help during times of change, it could help to write a morning routine before you come back to school so you know what you are doing and when it needs to be done.
I liked learning at home, it can be tricky when I am at school.	Learning from home will have been enjoyable for a lot of people, you are in a familiar environment where you feel comfortable and happy. The school environment is a lot busier than at home and can be a little noisy at time with things around to distract you, but we try to make it as welcoming and calm as possible so that all the children, staff and parents feel happy and safe. Remember if you need help to concentrate the teachers will help you to think of strategies that will support you during lessons.
What if I can't remember things and am behind with my learning?	Do not worry, a lot of children will be feeling exactly the same way. Learning at home is very different from learning at school, your teachers understand this and are ready to welcome you back to school. If there is something that you are finding really difficult or are struggling to remember your teachers will help you, strategies will be put in place to allow your brain to catch back up.
Can I be in a 'bubble' with my friends?	You will only be in a bubble with children from your class, they may not be your best friends but they will all be children that you know and are familiar with. Remember this isn't going to be forever, as soon as it is safe for us to do so we will have our classrooms back to normal but until then we need to keep safe in our little bubbles.
I'm not used to getting up so early anymore and doing everything I need to for school.	Getting back into a routine can be difficult, but it is something that we can get back into the rhythm of – remember we are all in it together and finding our way again. You could start to get up a little earlier each day in the week running up to you coming back to school to get your body used to waking up earlier, write a list of things that you need to have ready before you leave the house.
I'm scared I may get poorly.	Your teachers and all the staff who work at school have worked very hard during the last few weeks to make sure the school is as safe as possible ready for your return. Guidelines on hygiene and distancing have been followed. People can get poorly at any time and in any place, but we have reduced the risk as much as possible.

I've been feeling a little sad and not myself during lockdown.	The lockdown has been a massive change for all of us, it is something that we have never been through before. It will have been more challenging and upsetting for some people than others, but this is ok! We are all different and have our own feelings. It is important to talk about your feelings, this will help you to understand them and find ways to overcome the emotions. The teachers and pastoral team at school are there for you, they will listen to you and support you to acknowledge and control your emotions.
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You may find it useful to note down any of the worries from the table that you or your child have, you could also write down any other concerns you may have ready to discuss with a member of staff from school.

If you need any other support before your child returns to school please do not hesitate to contact the school office and ask to talk to a member of staff from the Pastoral team.