



Coming back to school

The parents' and children's guide
to returning to Upton Heath Church
of England Primary School post
coronavirus.

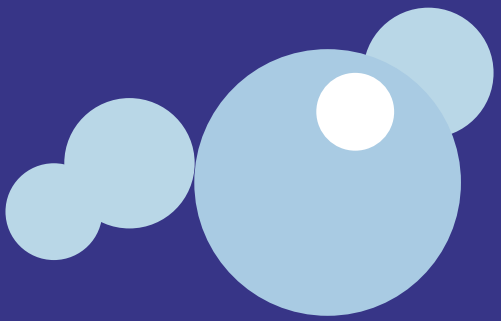


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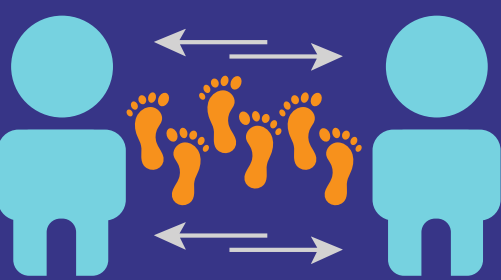


What is going to be different?

Children's section



Bubbles: You'll stay in a small group called a 'bubble' during the school day with your own teacher/ teaching assistant for your bubble. You'll have lunch with your bubble and go out to play with your bubble. There will be 15 or less children in your bubble.



Social distance: Social distance just means staying a little further away from each other. Your tables and chairs will be spaced a little further away from each other. But you'll still be able to talk to your friends.



Hand washing: Have you been washing your hands more? We'll carry this on at school by washing our hands more using the bowls or sinks in each classroom.



Drop off and pick up: You'll be dropped off at school and picked up by just one grown up, and there's a special way of getting around school called a one way system.



Pencil cases: You won't need pencil cases or bags, as everything you need will be provided at school. If you are having a packed lunch, you'll take it to your classroom with you.



Toys: Not all of the toys will be out, but there will still be toys to play with and we'll make sure they are nice and clean too.



Things to look forward to

Children's section

friends

Friends: One of the best things about coming back to school is seeing your friends again! Not all children will be coming back at the same time but we'll try and keep friends in the same bubble if we can.



Teachers: We know you've missed your teachers and they are so looking forward to seeing you. You might have a different teacher for a while (we'll let you know), but your teacher in your bubble will look after you and make sure you are OK.



Learning: You've all done so well with home learning. When you come back to school you'll be back to learning in a similar way to how you learnt at school before. Think of all the new things you can find out about.



Looking after each other: We're a big family at Upton Heath, and even though things are going to be a little bit different, we're going to be looking after each other.



What will our classes be like?

**Children's
and
parents'
section**

Reception

Reception will have the whole of the Reception/Year 1 building for themselves, with three Reception classes split into 6 bubbles. Find out more in [our video](#). [This video](#) shows the process of entering and leaving school.

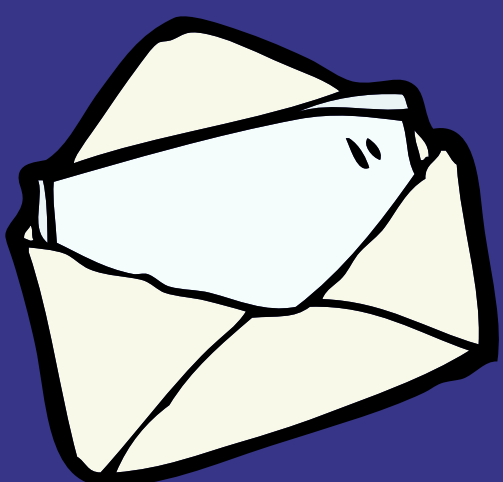
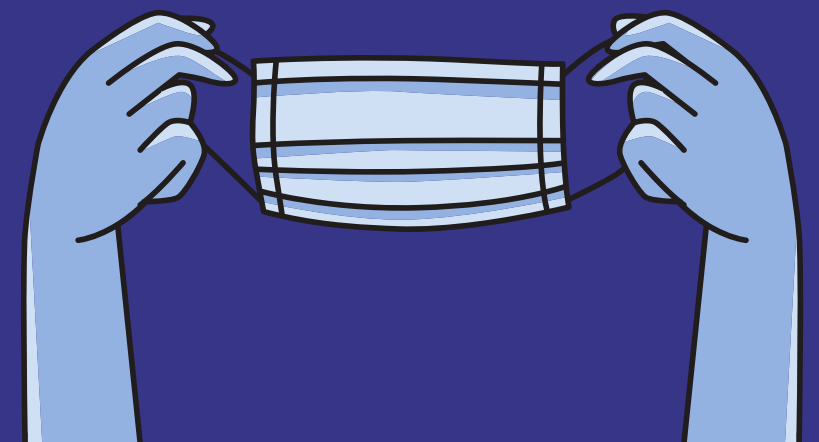
Year 1

Year 1 will be on the bottom floor of the new school building, with two classes in four bubbles. Find out more in [our video](#).

Year 6

Year 6 will still be upstairs but in three classrooms, Oak, Cherry and Elm. Sorry, no mobile phones will be able to be brought to school. Find out more in [our video](#).

Staff at school might sometimes wear a mask and gloves to keep you and them safe.



Write a letter: Now you know what will be the same and different, you could write a letter or email to your teacher telling them what you are looking forward to about coming back to school. If you have any questions or worries, you could write them down.



Getting ready for day 1

**Parent/
carer
section**

Talk

The best thing you can do to help prepare your child for coming back to school is to talk about what will be the same and different. Use this booklet as a starting point, and talk about all of the things to look forward to, like seeing friends and teachers.

Safe

Reassure and remind your child of all of the ways we have all learnt to keep ourselves and others safe like washing our hands, not hugging, and keeping in our own space.

Calm

Your child will feel reassured if you are calm and matter of fact about returning to school. Younger children may suffer with separation anxiety after being at home for so long. Reassure your child that you will miss them and think of them.

Plan

Start to get back to your regular 'school morning' routine a few days beforehand, adjusting bedtimes if needed. Check the times for you to drop off and pick up your child as this will be staggered, and check uniform still fits!

Feel

Explain to your child that everyone gets nervous before something new. Encourage your child to talk about their feelings, or even write them down. They could write a letter to their teacher, or draw them a picture about any worries.

Your lockdown experience

**Parent/
carer
section**

Change

If your child has been coming to school during lockdown, then they may worry about there being more children at school. Explaining the changes could help, as could explaining that things are going to be different for everybody.

Support

Sadly, many of our families will have experienced bereavement over recent months and will require additional support. Please do contact us about any concerns you may have as there are additional resources we can offer for you.

Routines

Your routine may have been quite different during lockdown, so it's useful to explain what is changing and why. Over time, children will see some aspects of their lives remain very much the same. Everyone feels safer when they know what to expect.

What can anxiety feel like?

Nervous/frightened, trembling, fainting, headache / light-headed, shortness of breath, racing heart, butterflies, sweating, tense muscles, nauseous, blurred vision.



Your lockdown experience

Parent/ carer section

What might your child be worried about?

They might worry about catching Covid-19 at school.

They might worry about loved ones potentially catching Covid-19.

They might worry about the changes in school.

They might worry about feeling behind and catching up with schoolwork.

They might worry about seeing friends again after a time apart.

Pupils who have remained in school may feel their 'safe space' is now less 'safe'

Children might worry about leaving parents/carers after a long period at home.

How to overcome anxiety (based on CAMHS model)

Open - Give children information about their fears, answering questions about things like death, hospitals etc. Knowing about things helps to make children less fearful (but not too much detail for young children).

Validate - This means listening to, understanding and not making fun of a child's fears.

Encourage - Praise and reward a child when they make a step towards fighting or confronting a fear. Ensure you allow for small steps.

Routines - These help children know what to expect and make children feel more secure and confident.

Control - Having some control of the situation often helps with fears. E.g. being given a choice as to what they feel may help, or being able to keep something of comfort on them.

Opportunities - Provide opportunities for a child to develop skills and gain confidence in their own ability. Confidence can't be developed on praise alone. It is success and being able to do things that build up a child's confidence.

Model - Children learn most by copying important adults in their lives. Modelling your own calm acceptance can assist a child in remaining calm about their worries.

Exercise - Lots of physical activity helps reduce stress. Relaxation exercises can also be helpful at times of extreme anxiety, as well as other strategies.