

## Woodthorne News

### Returning to school

Friday 22nd May 2020



Dear parents,

We know that this may be an anxious time for you and your child/ren. We have put together a list of things that you could be working on to make the transition back to school easier:

- Begin by leading positive conversations about going back to school. A positive outlook is everything in setting the tone for a positive beginning. Children take their cue from their parents: if parents are calm, reassuring and supportive, children will feel both confident and competent.
- Talk with your children about their feelings and invite them to participate in a conversation that gives them some sense of control.
- Encourage independence, particularly in younger children, to minimise separation anxiety.
- Talk about how the classroom will be different and that they may not be with their teacher or in their regular classroom.
- Think about the new rules regarding social distancing and hygiene that the children will be encouraged to follow—no hugging friends or teachers, regular hand washing, tissues to be put in a bin with a lid, staying in their seat unless told to move. If children are unable to be safe and keep others safe, parents will be contacted and may need to collect from school.
- Establish the back-to-school routine a few days before school begins. This includes sleeping schedules and night time and morning routines.
- Children will need to bring a water bottle to school with them, which must go home with them at the end of the day. We will not be providing cups for children in order to prevent spread of infection.
- Children are not to bring any book-bags, bags or PE kits into school.
- Due to extended outdoor learning, parents are asked to apply suncream before children come into school as it cannot be brought into school. Please provide your child with a hat.

