

Woodthorne News Inclusion Team 15.6.20



As the country is slowly coming out of lockdown, you and your child maybe feeling a mixture of emotions. You may be excited about the prospect of being able to see friends and family again, but also worried about becoming ill or being in financial difficulty This newsletter contains some ideas on coping with these feelings.

Please contact us via your child's **year group email address** with **Inclusion Team** as the subject, or phone 01902 558544 during school hours. We might not be able to answer straight away, but we'll respond as soon as we can.

Mrs Perry, Mrs Marsden, Miss Edwards and Mrs Pocock.

Here are some ideas for coping with the transition out of lockdown:

- Back to school a post-lockdown guide for families
- Newsround: What's it like going back to school after lockdown?
- Building resilience: activities
- Write down a list of all the best things you have done during lockdown. This will give you something to look back on in a few years' time.



To keep myself busy, I've been spending time with my brother's dog, Nell, look-

ing after my horses, going for walks and doing lots of reading.



Some resources for parents:

- Dealing with challenging behaviour
- ♦ Wolverhampton Information Network: Support for families
- Coping with anxiety after lockdown

This daily planner might be useful for anyone who is finding it difficult to stay motivated during lockdown.

DAILY PLANNER

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