



## Returning to school after the holidays – Getting Ready.....Are you excited or are your worried?



Transitions like going back to school are a normal part of life, however lots of children (and parents too) struggle with going back to school – and this is normal, especially considering that children (and parents) have had 6 weeks of a different routine, 6 weeks of going to bed a little later, 6 weeks of being at home with family, 6 weeks of non-structured learning etc. Children and parents will all feel different emotions over the next few weeks and all feelings are ‘ok.’

**Here are some tips for making the return to school as smooth as possible**

### 1. Talk about school

Your child might have worries about returning to school and this is normal. Start talking about what your child’s daily routine could look like – How will you travel to school? Which gate will you use? What time do gates open? What will they be learning? What day is PE day? Who will drop off / collect? Look at the lunch menu, look at the school website etc

*Perhaps you could have a practise walking to / from school next week?*  
*Perhaps you could have a practise getting dressed into school uniform?*



### 2. Reintroduce the Sleep routine

No doubt that this will be a tough one to reintroduce, but helping your child return to their normal sleep routine in the weeks before school resumes will be essential in their ability to settle back into school life.

*Perhaps you could start getting your child into bed 5-10 minutes earlier each night between now and the start of school?*  
*Perhaps you could start to wake your child 5-10 minutes earlier each morning so that it is not a shock when you have to be at the school gate by 8:40am?*

### 3. Reconnect with friends

Reconnecting with school friends and arranging to meet each other on the way to school or at the school gates on the 1<sup>st</sup> morning may help you and your child to manage any worries and feelings.

### 4. Make yourself available

Create opportunities and a safe space for your child to talk to you in different ways, as they may want to come and talk to you at a time when you least expect. When school starts make sure you discuss your child’s day with them – what they’ve learned, the highlights and things they found hard. *Remember during those 1<sup>st</sup> few days there may be tears and you and your child will be really tired, as you readjust to the school routine.*



### 5. Look at the positives together

It is helpful to talk about all the positives from the 6 weeks holiday and then start to talk about what you and they are looking forward to by going back to school, this may help with some of their worries.

Do your best to show your excitement about the return to school, as when children feel excited, they take readily to new tasks and challenges.

*Perhaps go out with your child to buy new school uniform or a new packed lunch box together, as this can be a great way to get children feeling positive?*

### 6. Start new routines

Don’t expect your children to go immediately from a relaxed and flexible holiday routine to a school routine. Allow at least one week before term begins to return to regular, set mealtimes and bedtimes – with other comforts such as a bedtime story. Routines are important for children because they know what to expect. Allow plenty of time in the mornings to have a relaxed journey to school. Having a frantic morning can be very unsettling for children who are faced with a new environment at school. It’s also nice for both parents and children to have time in the mornings to talk about the day ahead – and have a little fun on the way in!

### 7. Prepare yourself too

It’s natural for parents to feel anxious when they drop off their children at the gates but try not to let your own nerves show! Say a loving but quick goodbye and allow them to head into school without too much delay. When children arrive in the classroom with their friends, they generally settle very quickly.

*If you have worries about your child after the 1<sup>st</sup> few settling in days then talk to your child’s teacher in the 1<sup>st</sup> instance.*

We also have Miss Rownes, Family Liaison and Safeguarding Officer and Mrs Heaton, Behaviour and Welfare Officer available to both parents and children for a ‘listening ear.’ Please text / whats app / call Miss Rownes / Mrs Heaton if you need support – don’t worry on your own!

07458 103113 Miss Rownes – Family Liaison and Safeguarding Officer  
07458 103114 Mrs Heaton – Behaviour and Welfare Officer

