



A message for our parents

Thank you for everything you have done to help our little ones over the last few weeks. We have missed them so much but are very proud of them and the way they have coped with so many changes. You have done an amazing job with them, you've kept them safe and happy as well as helping them with their learning.

Working together to get it right

We have been doing some research about how best to help your child settle back into school. The following advice is from our Educational Psychology Support Service- Applied Psychologies.

It is possible (but not expected in all children) that a child **may** display some separation anxiety when they return to school. This is normal and, if we work together, we can ensure both children and parents feel happy and safe. You can do some things now to ensure returning to school is as easy as possible;

- *Talk your child now about what is going to happen on the first day. Children need to feel familiar with the routine. This will prepare them for what is going to happen.*
- *Let them know it is ok to be a little anxious about coming back to school, tell them you understand why they feel like this and it is fine to have these feelings.*
- *Explain that you will be collecting them and they will be safe in school. They will see friends, teachers and adults who are familiar to them and we will all make sure they are happy at school*
- *Talk about your 'goodbye strategy' - you could even choose a special wave or high five to take place in the hug zone before your child comes into school.*
- *It is important that we all need to be confident, this will help your child will feel much happier. Even if you feel a little anxious, try not to show this to your child. We all need to be positive and reassuring, this will make this transition much easier for your child.*
- *It is important you stick to your goodbye strategy and don't linger, even if there are tears. This may feel hard but this will show you are confident. The Psychologist advice is that the stronger we are, the easier it is for the child to feel our confidence and therefore get back into routine.*
- *If you have made the decision to bring your child back, please stick with this. Taking them home if they get upset will make them think you will do this every time they cry.*
- *Any upset child may get worse before they settle! If we are consistent and firm but kind, they will settle, we promise.*
- *We will do **everything** we can to make sure your child is happy in school. Staff will contact you via teams or text message to let you know your child is settled and happy.*

There are many stories that can be found online or ordered through places like Amazon. These are some examples

- ♦ *While We Can't Hug (Faber Childrens books) a simple story about social distancing [ttp://amzn.to/2WPqU2n](http://amzn.to/2WPqU2n) (Free with Amazon app or can get an ebook version)*
- ♦ *Back to school - A Social Story <https://www.youtube.com/watch?v=JUda5y8PAUE>*
- ♦ *Invisible string by Patrice Karst*