

# A story about coming back to school at EHPs



EDGEWORTH HEIGHTS PUBLIC SCHOOL

**TERM 4 2021**



*In Term 3 and the beginning of this term I had to learn from home. It took a while to get used to this. Some days it was fun. I got to take breaks and play with my toys and spend more time with my family, watching movies, going for walks, cooking together, and playing games. Other days, it was hard, and I missed being at school with my friends.*



*It is time for me to get ready to come back to school now. I have mixed feelings about this. Some days I'm excited but other days I'm a little worried and that's okay.*





*I'm worried that things might be different. I worry that my friends might not want to play with me. I worry that my school work will not be quality work or I may forget how to do some of my work at school. It's okay to worry and I know that my parents/carers and teachers are here to help me with my feelings. They all care about me.*



*When I first come back to school my whole class might not be there. I may be learning in a different classroom or have a different teacher, on occasions. Even if I don't have my usual teacher, that's okay. I know the teachers at school care about me and can help me.*





*I may be doing some learning outside in the fresh air, in some of our beautiful outdoor learning spaces.*



*I'll need to sit and listen to my teacher just as I do in the classroom.*

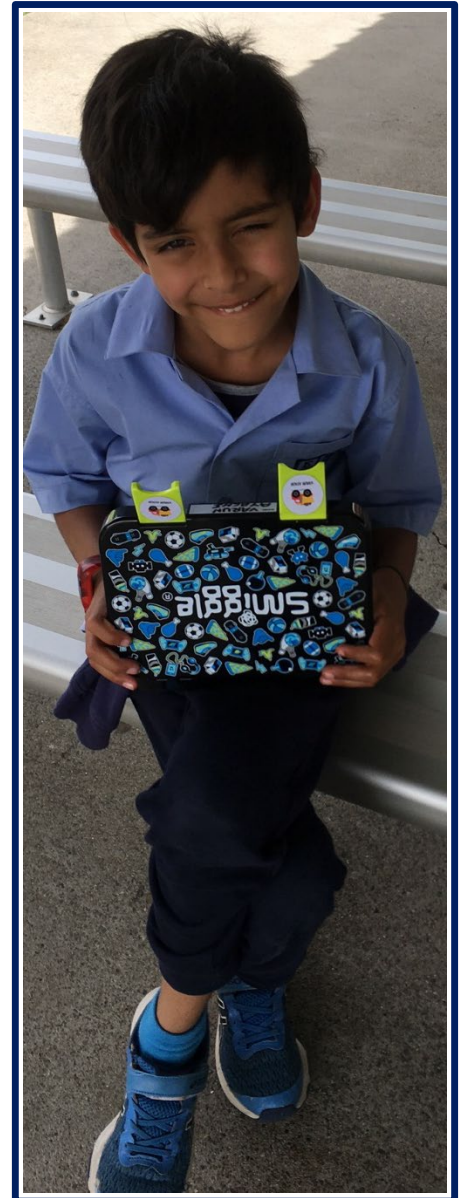


*Some things might look a bit different. Some areas have been painted. The library is getting some new furniture and I won't be able to play there at lunch and recess for a while.*



*There have been lots of trees cut down – the tree loppers left the stumps quite high so that the trees can re-grow. That means I can't climb on them, so I don't damage the tree, or hurt myself.*

*The bell times might be different. I might finish school at a different time. When I go out to eat and play, I may not see my brothers, sisters or friends who are in other classes but that's okay because I know they are still there, and I will see them soon.*





*The teachers and other adults at school will have masks on. I can wear a mask too (I will put my name on it, so I don't lose it when I take it off or get it mixed up with one belonging to someone else).*



*I will need to wash my hands regularly and use hand sanitiser. My teacher might encourage me to sit a little bit further away from my friends in the classroom. My classroom windows will be open all day (so I should pack a labelled school jumper just in case I start to feel cold). I might do bathroom trips in class groups during class time, so I don't need to use the bathrooms as much during recess and lunch. I should pack my own water bottle that has my name on it.*



*Some of these things are different to what I am used to and might feel strange for a while but that's okay because it will feel strange for everyone.*



*There are some things that I can't do for now at school– I won't be able to go to assemblies, but my teachers are still going to be writing awards and looking for people following our PBL expectations. I may not be able to use and play with all the equipment that I'm used to, or I might see my teachers and other adults cleaning equipment after I have used it. I won't be able to sing songs or chants or go on any excursions.*



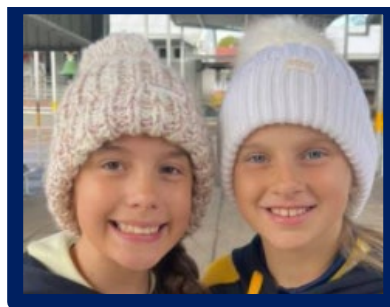
*My parents or carers won't be able to come into to school to drop me off or pick me up. I know there will be teachers and other adults to help me if I need it when I'm coming into school.*

*Just like it took me a little while to get used to learning from home, it will take a little while to get used to being back at school. Some days might be easier than others, but I know that my teachers and friends at school are here for me. I know it will be lots of fun getting to play and learn together again and my worries will go away.*










I can use my PBL strategies to help me do my best when I'm at school.



# Calendar

*Use this calendar to help your child/children count down until they return to school. Crossing off each day might help your child prepare for coming back. This might be a time each day when you discuss how they are feeling and address any worries or concerns they may have.*

*Alternatively, your child might like to make their own calendar and decorate it. You might like to continue the calendar to countdown until the Christmas holidays.*

October 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <sup>rd</sup>  Weekend	4 <sup>th</sup>  Weekend	5 <sup>th</sup>  Learning at home	6 <sup>th</sup>  Learning at home	7 <sup>th</sup>  Learning at home	8 <sup>th</sup>  Learning at home	9 <sup>th</sup>  Weekend
10 <sup>th</sup>  Weekend	11 <sup>th</sup>  Learning at home	12 <sup>th</sup>  Learning at home	13 <sup>th</sup>  Learning at home	14 <sup>th</sup>  Learning at home	15 <sup>th</sup>  Learning at home	16 <sup>th</sup>  Weekend
17 <sup>th</sup>  Weekend	18 <sup>th</sup> K-1 Return  2-6  Learning at home	19 <sup>th</sup> K-1 at school  2-6  Learning at home	20 <sup>th</sup> K-1 at school  2-6  Learning at home	21 <sup>st</sup> K-1 at school  2-6  Learning at home	22 <sup>nd</sup> K-1 at school  2-6  Learning at home	23 <sup>rd</sup>  Weekend
24 <sup>th</sup>  Weekend	25 <sup>th</sup> 2-6 Return  All students learning at school	26 <sup>th</sup>  All students learning at school	27 <sup>th</sup>  All students learning at school	28 <sup>th</sup>  All students learning at school	29 <sup>th</sup>  All students learning at school	30 <sup>th</sup>  Weekend



# Tips for Parents & Carers

**Prepare your child for returning to school** – Before returning to school try and prepare your child by getting them back into a routine. They will need to go to bed at a reasonable time, wake up early, get used to not having endless snacks all day (You might start to save some money on the grocery bill). You could start packing a lunch box again and getting them to eat at set times during the day. Your child could start wearing their uniform and school shoes again. You could do some practice runs of walking or driving to school in the days beforehand to get used to seeing the school again. If your child already isn't doing so, help them to reconnect with friends by organising a picnic or play at the park or a zoom catch up, either with our wellbeing check ins or your own with their close friends.

**Communicate with us** – If your child is feeling particularly anxious, please get in touch with the office via phone or email to let us know so that we can best support your family.

**Listen** – Listen to your child. Hear what their concerns are. Acknowledge their feelings and let them know you know it's an unusual time for them, but it will get better.

**Focus on strategies** – Help your child to focus on possible strategies and try to address concerns as they arise. Ask them how they adapted to the lockdown? What helped? What might help with adapting to going back to school? Focus on some of the mindfulness strategies that have been in well being grids – breathing exercises, exercising with yoga, seeking nature. If your child is particularly worried, you might like to start a worry box- your child can write their worries down, address them with you and then put them away in the worry box – where they don't need to worry about them anymore.

**Model calmness** – You yourself may be feeling very anxious about sending your child/ren back to school. You may have a good reason for not wanting to send them back yet. Either way, be aware of how you model your own anxiety when speaking to your child about returning to school. Speak to your child when you feel calm yourself.

**Go easy on yourself** – this may be a hard time for you and your family. It took us some time to adjust to lockdowns and it will take us some time to adjust to coming back to school.



