

For our Parents

Our aim is to provide the very best support for your child(ren) during their re-integration to school by understanding the process from their perspective.

There are three key elements that you can use to have a marked impact on your child in their preparation for returning to school.

1. Routines. Prior to their return try to have consistent bed time routines and ensure they are getting enough sleep – around 10-12 hours for our school aged children. Set up a chart for getting up, breakfast and getting ready. Focus again on the normal routines as safety and predictability will keep your child calmer, keeping them regulated.
2. Talk with your child about going back to school. They may have some anxiety as well as excitement. Acknowledge the feelings and reassure them that they are very normal feelings and they will pass. A social story may help. Attached are two social stories and a link to a comforting short book 'While we can't hug'. Share the return to school plan with them and talk through how school may look a little different but remind them of all the familiarities, the school building, the rooms, some of their teachers. Perhaps make something for them to take in or a photo showing something important to them during lockdown. Plan your day so you can free your evenings to be available to your child to hear about their day.
3. Reminding your child of what is still in their power is an important element to their regulation. Washing their hands and being responsible for getting enough sleep and healthy food is key and will give them an important sense of ownership and control.

This is a short story explaining the return a little clearer.

<https://www.elsa-support.co.uk> and look at the Return to school after Coronavirus Story

You may prefer for your child to read this to themselves.

Going Back to School

It is planned that I will go back to school on 2nd June 2020. I will see some staff and some of my friends. School might be a bit different. My classroom might look different. This is ok. The staff will help me to keep safe by reminding me to wash my hands. It is also important to maintain social distance. This means I cannot be close to other people. The adults can help me and remind me if needed. Social distancing will help to keep everyone healthy, happy and safe.

Written by Emily Critchley, ASD and Outreach Advisory Teacher

The Chiltern School

And you may enjoy this little story

<https://youtu.be/2PnnFrPaRgY> 'While we Can't Hug'

Whatever your concerns are or however your child is feeling, please know we're all in this together as part of our Leedon community and every member of staff is dedicated to support and nurture your child through a positive return to school.

Please contact me with any concerns you may have, little or large, I'm here to help where I can.

nharding@leedonlowschool.co.uk