

Key Themes and Positive Transitions:

Returning to School and settling well

(Key Information for Children)

Jersey Psychology and Wellbeing Service

May 2020

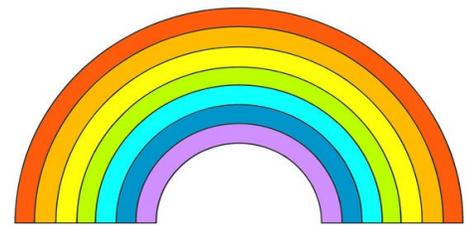
Now that you are returning to school you may be feeling a range of emotions, which could be very mixed...



You may be feeling excited or nervous; perhaps you can't wait to get back to the way things were or you are a little worried. You may feel all of these emotions at different times leading up to going back to school. This is completely normal and to be expected.

Everyone is thinking about coping with changes again as they go back to school and work but we are all doing this together.

This pack offers you some ideas if you are thinking about what you can do to look after yourself, return to school, settle well and keep smiling!



In this document:

- New routines.
- Take a breath.
- Finger tracing breathing.
- Grounding techniques - 54321.
- Further resources.

New routines

'How do I stay safe in my classroom.'

'What is a bubble?'

Relationships

'I am excited about going back and seeing all my friends!'

There may be lots of questions going through your mind, this is completely normal.....

Learning

'How much learning has everyone else been doing at home?'

Safety

'Will I catch the virus at school? I am worried I could take it home to my family'

New Routines

There are a few things you can do to help yourself return and settle back at school and keep smiling:

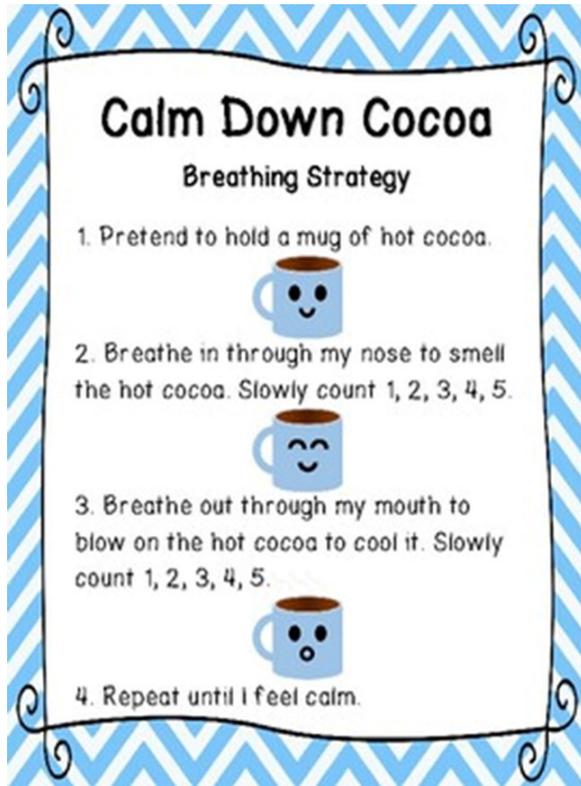
- Your school will have sent information home about the new routines waiting for you.
- Take some time to read and think about these. Talk any questions through with trusted adults at home and describe what school looks like now. When we feel we know what is waiting for us it can make new things seem a little safer.
- Have a look at these online tools and links (www.gov.je). They include packs (we have called them Grab Packs because you can just grab what you need) to help you be the best you can be at looking after your own wellbeing. There is also a school video of a Head Teacher to show you what the school classroom changes look like.
- School is likely to look a little different, the classrooms may be laid out with more space between desks, and you might be working in a bubble (a group of 15 that stays together). It may take a little while to get used to this new routine and school staff will help everyone settle in.
- There will be time to settle in and spend time with your friends enjoying being around each other again. It won't all be about work to begin with.
- Continue to talk to a trusted adult at home or school about any questions you have, this will help to reassure you.
- It is likely that your friends will have similar questions they will be asking too.



- Become familiar with the new timetable for school and the measures in place to keep you safe and healthy. Think about making a visual timetable to remind yourself of new and familiar information. This will make you feel more in control of the situation. When we feel more in control we can feel less worries or anxious.
- Changes will continue to happen as more pupils return to school and everyone settles. At times you may worry again but remember this is normal, talk through feelings with a trusted adult and see below for some tips to help you during these times.

Take a Breath

Try this exercise when you feel anxious or upset



Finger tracing breathing

Put one hand flat on a surface in front of you. Trace around it with a finger on the other hand – slowly! When you trace up the finger, breathe in, when you trace down a finger, breathe out. See if you feel calmer when you've traced your whole hand.



Grounding techniques - 54321



Grounding is a term used which is the process of bringing your attention back to the present moment.

This can help you cope with uncomfortable feelings like worry and help them to feel less intense, so that you start to feel more in control.

Further resources

<https://youngminds.org.uk/>

<https://www.yes.ie/>

<https://www.childline.org.uk/>

<https://www.bbc.co.uk/newsround>

A social story about returning to school

<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Coronavirus-back-to-school.pdf>