

Simple and Supportive Measures to help your child's transition back to Primary School following the COVID-19 Pandemic.

Children across the world have been told to take part in a lockdown in their home due to an invisible virus that can be easily spread and make people very unwell. We understand the worries and fears children may be facing especially when schools are thinking about re-opening after a long period of staying at home.

Here are some tips that you can try at home to help prepare your child in the upcoming days of going back to school, and to make them feel as prepared as possible.

- Make a countdown calendar. Children can learn a lot from visual aids, so using a calendar by ticking off each day can help children see how many days or sleeps they have left till they go back to school.
- When schools have a date of re-opening, start thinking about incorporating the school routine a week early by waking up and going to bed the same time if your child was at school. This will help adjust your child's body clock and prepare for those early morning starts.
- If permitted, go for your daily walk by walking to your school and back. This will help children familiarise and prepare for their school day routine.
- For younger children, have a make believe day by pretending to play schools and putting on their school uniform!
- Use the internet by finding your child's school website and look through the website with your child. This will be a great conversation starter where your child can look at photos of the teachers, school staff and the school.
- Spend some time with your child to talk, draw or write about the positive aspects of school such as seeing friends and the teachers. You can also talk about what they have done or achieved during lockdown e.g. learnt how to make something, clapped for keyworkers etc.
- Reassure your child. We understand that some children may be worried about going to school in case they catch the virus. To help your child understand the virus, the children's commissioner has designed a child friendly information booklet online that children can read or be read to, and help them understand the virus. Schools will ensure that child's health and safety is paramount so schools will only re-open until it is safe to do so.
- Encourage your child to keep themselves safe with regular hand-washing. Schools will also be implementing regular hand-washing into their day but teaching your child how to wash their hands and how long for will be helpful. We advise for everyone to use soap and warm water and wash hands for 20 secs or whilst singing the 'Happy Birthday' song.

Use this website to access the children's guide to coronavirus:

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

If you have any health concerns regarding your child, you can call the School Nursing Team on 01702 534843 or you can text us for advice on 07507 331884 between the hours of 09.30-16.30 Monday – Friday (excluding bank holidays)

Contact Name: Southend School Nursing Team Contact Number: 01702 534843



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