

Families are preparing to send their children back to school, after a period of online learning, and being away from the familiarity of school, attending classes and spending time friends. Some will have become used to the routine of being at home. Now returning to school students will be readjusting to school routines once again.

Here are some recommendations to help students transition back to school:

- **Keep your children informed about the timeline for returning back to school**, as it will be staggered with certain year groups returning in different weeks, therefore for some young people school may seem empty on return, whereas for others most students will be back if they are returning later.
- **Inform them how they will get to school**. For example, what transport will they take – will they catch a bus, be driven, ride their bikes etc.
- **Review timetables for classes and breaks**. Spend time highlighting any changes in timetables provided by the school.
- **Go for a drive or for a walk past your school**. Start a conversation with your child about what they are looking forward to on their return, or any possible concerns they may have.
- **Validate any concerns that are causing them worry**. It can be helpful to say “I can hear you’ve got some worries about ...(put the worry in here)”, before moving on to provide reassurance and talking about how you might resolve those issues, or who you could talk to at the school for more information.
- **Discuss some of the activities they will be doing when they get back to school and who they will see again**. Ask your child to identify peers they may connect with who can be a support group for them at school. They may be a bit worried about whether they’ll be able to connect with friends like they used to after the long time away.
- When possible **try not to introduce any new routines at home** during the time of readjustment.
- **Keep explanations simple**. Communicate openly about feelings about the move back to school (both positive and negative).
- **Discuss any concerns children may have in relation to COVID-19**, such as their health; worry about other people’s health. Use the resources available from government websites or provided by your school to help these discussion

As your child or young person transitions back to school, remember you can seek assistance by contacting school staff with any concerns or questions you have about the return.