

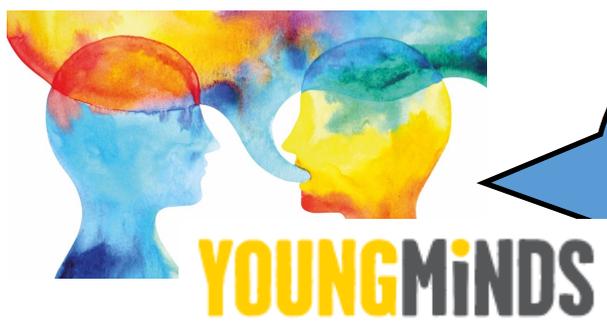
Returning to the Academy

Advice for parents and carers



We cannot wait to welcome students back into the Academy from the 8th of March! As exciting as this time is, we recognise the transition back into the Academy will mean changes in routine and, for some, it may be an anxious time.

In order to support your child's return, we have put together this leaflet to offer advice around how best to prepare your child for the upcoming changes.



[Starting a conversation with your child \(youngminds.org.uk\)](http://youngminds.org.uk)

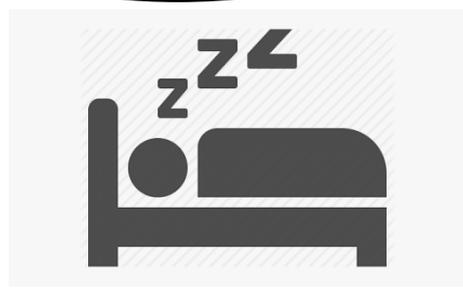
Talk to your child

Your child may have worries about the virus, restrictions in place or their education. Ask them if they are worried or feel scared about anything, but also if they are excited about or looking forward to something. No matter how your child feels, let them know that it is completely normal to feel a mixture of emotions and that everyone will be in the same boat.

Establish a good sleep routine

Sleep is very important for your child's mental health and wellbeing, as well as their development.

During lockdown it is understandable that your family's routine may have changed. Children are likely to have been waking up later or going to bed later. To help them get ready for school, try to gradually get them back into their usual morning and bedtime routines as they get closer to their return date.



[How to sleep better | Mental Health Foundation](#)

Reassure your child. During the lockdown we have been told to stay at home, remain socially distant from others and wash our hands regularly. This means children may find it difficult coming back to the Academy because it will be a huge change from what they have been asked to do during the pandemic. Talk with your child about ways they can stay safe, such as washing their hands, social distancing and reassure them that the Academy are putting measures in place to keep them safe.



Reflect on their experiences and have hope for the future

Take time to reflect on your child's lockdown experiences, both positive and challenging. As well as reflecting on what has happened during this time, it is important to help children develop hope and a sense of excitement for the future. At a time like this, it can be hard to feel positive, but identifying the things that they can look forward to will help them to realise that the current situation won't last forever and their feelings will change.



Seek support if needed

Transitioning back to school after being in lockdown is no easy task. Please reach out with any issues or concerns you have so that we can work together to support your child, the Academy Inclusion Team is here to help. If you do need to talk, please contact Miss Dalton, Mrs Bellamy or any of the Academy Pastoral Managers via the Academy office.