

## **Return to Face-to-Face Learning at School Supporting Your Child #1**

As your children prepare to return to face-to-face learning, they may experience a variety of emotions. Some may feel excitement while others may experience feelings of worry and stress.

### **School Is Safe**

Reassure your children that going to school is safe and that the decision to return to school is based on medical advice. Everyone at school will be working extra hard to ensure students are kept as safe as possible. Validate their emotions, and let them know it is okay and normal to be feeling worried, but that it is safe to return to school.

### **Pay attention to your child's behaviour and emotions.**

Children can display feeling worried in many different ways. They could act out, be quieter than usual or perhaps display changes in their sleep or eating habits. Know that these are all normal and okay reactions and that you may use it as an opportunity to try to talk to your child about how they are feeling.

### **Pay attention to your own feelings and the way you speak about the return to school**

It is not only the students who may be feeling worried about returning to school, understandably many parents will also be feeling quite anxious too. However, it is very important you try to remain calm and positive when talking about the return to school in front of your children. Children will pick up on their parents' concerns.

If you or your child are concerned about the transition back to school there is help available. Reach out and let your child's teacher know that they are feeling worried. The counselling team at SGCS are available to support you and your child during this difficult time.

Contact: [counsellors@sgcs.nsw.edu.au](mailto:counsellors@sgcs.nsw.edu.au)

## **Return to Face-to-Face Learning at School Supporting Your Child #2**

### **Prepare, Prepare, Prepare.**

In the lead up to the return to school, try to get your child back into a normal school routine as much as possible. This may include;

1. Regular bedtimes.
2. Getting up at the same time every day.
3. Having recess and lunch breaks in line with school breaks.
4. Familiarise younger students with eating their lunch from a lunch box again.
5. Allow your child to spend time in their school uniform to help them feel more comfortable on their first day back.
6. For students in Years 7- 12 the current guidelines will require them to wear a mask at all times at school. This may be uncomfortable for some students. Help them prepare by encouraging them to wear a mask at home while they are doing their schoolwork.
7. Talk about the positive aspects of school and what they are looking forward to when they return.
8. For younger students and students who find change difficult prepare them for how things may be different at school. For example, teachers will all be wearing face masks. Reassure them that these changes help keep them as safe as possible.
9. Plan some extra family connection time after they transition back as they will be missing the extra time they have been able to spend with you. A family movie or games night can be a great low pressure family activity.

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