

TRANSITION BACK TO SCHOOL

Tips for Students

1

BE AWARE OF YOUR EMOTIONS

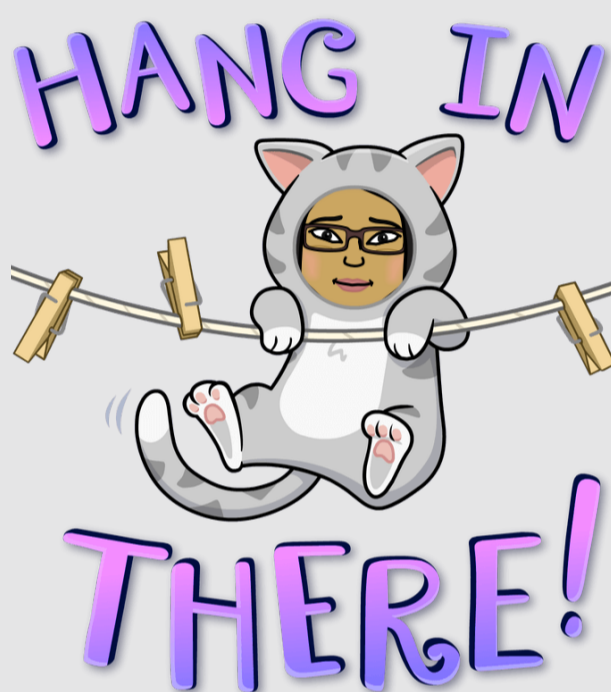
As you return to school, you may feel a range of emotions, including excitement, relief, or worry. You may notice a change in your sleep, mood, interactions with others, or eating habits - these are all normal expressions of worry. It is important that you talk to your parents or carers about any worries you may have and how they can help you.



2

PREPARE FOR CHANGES TO SCHOOL PROCESSES

Changes to our school's normal processes may be necessary to ensure physical distancing requirements for adults can be met. So that you can prepare, our school will communicate with you about changes to our processes, so please check Compass with your parents and carers for updates.



3

REMEMBER THAT IT IS SAFE TO COME BACK TO SCHOOL

During the learning at home period, your family, along with our school staff, have helped you understand that staying away from school was necessary to keep you healthy and safe. You may now feel worried about whether it is safe to go back to school.

To help you feel reassured about coming back to school, remember to focus on the facts, including that:

- The decision for students to return to school has been made based on health advice.
- Everyone at school is going to make sure they are keeping safe, and there is plenty of sanitizer at school so that everyone can wash their hands many times a day.
- You will be allowed to sit next to your friends in the classroom and during group activities, as children usually do not get sick from COVID-19.
- The Government is keeping an eye on COVID-19 - if it starts to spread again, decisions about what we need to do to keep everyone safe will be made quickly.
- If anyone at their school feels sick, they will stay away from school until they feel better.

