



Monday 20th July 2020

Dear Parents/Carers,

It has been lovely to see so many of the children in Reception, Year 1 and Year 6 return to school this term and settle back into school life so brilliantly. It has also been great to see the children in Years 2, 3, 4 and 5 return for their 'Finale on the Field'. It has made us all even more excited to welcome all of the children back to school in September.

We understand however that for some children, managing the transition back into school might be challenging. Therefore I am writing to remind you of the resources that are available for you to access via the wellbeing section on our school website <https://www.grimoldbyprimaryschool.co.uk/wellbeing/>. These resources have been updated over the term and contain tips, practical activities and videos. There is a section for parents and a section for children. Some of the activities include advice around sleep, routines and transitions. There is also a 6 week preparing for school activity booklet from Barnardo's that some children may find useful. As mentioned in my previous letter, you may wish to use these resources to help support your child, to lessen feelings of anxiety and to improve their wellbeing. Attached to this letter is a poster from Trauma Informed Schools which contains advice around preparing children for their return to school.

I would also like to take this opportunity to remind you about other ways you can access support by using the links and helplines below.

Family Lives: Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Their helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. 0808 8002222 <https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Young Minds: Parent Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Trained advisors can answer questions about a child's behaviour, emotional wellbeing, or mental health condition. 0808 802 5544. <https://youngminds.org.uk/findhelp/for-parents/parents-helpline/#parents-helpline>

Family Line: 0808 802 6666 www.family-action.org.uk/familyline

NSPCC: 0808 800 5000 www.nspcc.org.uk

Samaritans: 116 123 www.samaritans.org

Mental Health Support Network in Lincolnshire: <http://www.lincsshine.co.uk/>

I hope that you find these resources helpful, please do take a moment to look at the wellbeing page on the school website. I look forward to working with you all again in September.

Yours Faithfully,

Mrs Sophie Waters

(SENDCo)



Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.



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