



Did Someone Say School's Open?!

*A booklet to support
students returning after
lockdown*

CONTENTS

1. Introduction
2. What on Earth just happened?
3. What will school feel like?
4. Why am I worried, its only school?
5. So how do I survive?
6. And if I cant, who do I talk to?



INTRODUCTION

·On the 23rd March all the schools in England were closed. The government asked schools to close so that we could all stay at home, stay safe and prevent the spread of the Coronavirus (Covid-19).

·Many weeks have now passed and the government feels that the time is right for our parents to be returning to work and you to return to school.

·But what will school look like? What will school feel like? How can I survive? Who can I talk to if I'm worried?

·Hopefully this little booklet will help you over the coming weeks as you settle back into school.

What on earth just happened?!

·Covid-19 is a Coronavirus. Coronaviruses are usually found in certain animals but occasionally they cross over and infect humans. Scientists think that this is what happened in China in December 2019.

·Unfortunately the virus then quickly spread amongst the people of China and as people now travel all over the world for work and holidays, it quickly spread to almost all the countries in the world.

·The Covid-19 virus uses water droplets to spread. When we talk, cough, sneeze, wipe our nose, chew our finger nails (!) we share water droplets with the area around us.

·If the virus was in the water droplet, it too would spread to anyone within 2 metres.

·The virus then moves inside our nose and down into our lungs, making us feel hot, unwell and giving us a bad cough.

·Most people just feel poorly but some people need to be looked after in hospital.

·This is why you have been staying at home and staying safe!

So what will school feel like?

·The virus has not yet gone completely but it isn't infecting as many people anymore. So its time to get back to school!

·Schools are working very hard to make sure that when you go back to school you and your teachers will be safe. To do that your school may look a little different when you go back:

1. You may only go back for a couple of days a week.
2. You may or may not wear school uniform.
3. You will need to wash your hands regularly.
4. You will need to sit further away from your friends.
5. You might start the day later than normal or finish earlier than normal.
6. Some of your friends might not be at school.
7. You might not be able to play with your friends in the playground.
8. You might not have the same lessons or teachers as you are used to.

·All of these things are so that you stay 2 metres away from the next person to prevent anyone spreading the virus (its just in case!)

Why am I worried, its only school?!

·We are all human beings, and as humans we like routine, we like to feel that we are in control and we like to feel safe and secure in our world.

·You have been asked to do something different in the past few weeks, and you've had to make new routines to feel safe with your family, and now we are asking you to have a completely new routine with school. This will make you feel unsettled, as you won't be able to 'picture' what will happen. That's okay, everyone will be feeling the same.

·You might also be worried about being staying healthy! You have been staying at home away from the virus for many weeks. It is completely normal to wonder if school will be safe and that is why school will look different to help you be safe.

·You might be wondering about missing the parts of school you enjoy, like playing with your friends or going on school trips. At the moment, these things can't happen but they will over time.

·You might be worried about whether you will be behind with work. Your school understands this but will be focusing on how you feel first!

So, how do I survive?

1. Talk to your family unit about how you feel. Ask them what the plans are with school and why they have made the choices they have.
2. Talk to your friends, share what you are excited about as well as what you are scared about.
3. Talk to your teachers, email them and ask any questions.
4. Focus on every day as it happens, look for what is normal about school.
5. Think about what you can do now that you couldn't do before—laugh with a friend over a silly joke!
6. Think about what you are feeling—if you are feeling sad, think about why—can you talk to someone about why? They might be able to help you.
7. Try to get back into a normal bedtime routine—remember to turn your computer off an hour before bedtime!
8. Try to eat healthily and get plenty of exercise outside.
9. Try to find things that relax you - reading, drawing, running, gaming.
10. Don't be too hard on yourself! It will get better!

And if I can't, what then?

Your family, friends and school staff are always there to help you but if you need to talk someone else, here are a few ideas:

School nurses 01302 566776

Early Help 01302 734110

CAMHS 01302 796191

Young Minds youngminds.org.uk

CAMHS and the School nurses have e-clinics and Facebook pages that you can access for help and advice without having to talk to someone but if you're under 14 please let your parents know.

#DoncasterCAMHSLocalityTeam