

# Loseley Fields Wellbeing Newsletter

## Issue 6

### Returning to school

Monday 8<sup>th</sup> March is fast approaching and I know that I am excited to have all of the children return to school on that day. This will be the last Wellbeing newsletter and what better way than to tie it in with the return to school.

For some children and their families, the return to routine and the familiarity of the school environment will be enough to reduce anxiety caused by the pandemic. Others may need a little more support to repair and recover, needing reassurance about the return to their classrooms.

#### There will be different types of anxiety that may arise:

**Separation anxiety** – for those who have spent a lot of time at home with their parents may find it hard to separate.

**Social anxiety** – returning to school and socialising (keeping distance in mind) may be hard for some who have managed to be socially distance and remained at home.

**Generalised anxiety** – Children who may struggle with multiple worries, such as what does the classroom look like, will I be able to remember how to do different things, when do I have my lunch etc.

#### Top Tips for helping children reduce the anxiety for the return to school:

- Children may struggle to communicate their feelings to you. Labelling their emotions for them and empathising can really help them to start to label their own feelings.
- Create a good bedtime routine, which will help the child to feel calmer. E.g. a bath an hour before bed, no-screen time just before bed, and reading them a bedtime story to help them settle. Sleep allows us to regulate our emotions, so a well-rested child is more likely to be a calm child.
- Keep yourself calm. It can be difficult but if your child sees that you are anxious, they will be to. Just remember they are still learning to control their own emotions (Look back at Wellbeing Newsletter Issue 2).
- Mindfulness – look at strategies from Wellbeing Newsletter Issue 3.
- Draw around their hand and get them to label 5 people they can talk to in school – 1 person per finger.

Children could also have a good at creating one of these (first one is for younger children):



**External Support:**

Surrey have a new Family Help Hub offering



**Surrey's Family  
Help Hub**

Support managing family life. To start with help is focused on children's

Behaviour from babies to teens. They can help you find useful information, advice

And support for those times when you need it: [www.surreysfamilyhelphub.org.uk](http://www.surreysfamilyhelphub.org.uk)