

Preparing Your Child For Their First Day Back at DHSB



As we plan to reopen, parents and children may be feeling anxious about returning to school. Here are some ideas about how you and your family can prepare for September.

<p>Listen</p> <p>I'm sure your child will have questions and concerns about returning to school. It's important that he has the opportunity to share these thoughts to reassure them before returning to school.</p>	<p>Talk</p> <p>Talk to your child about the positives of going to school, like reconnecting with friends and teachers, learning new things and getting back to normality.</p>
<p>Be positive</p> <p>Remind your child that it is now safe for them to come back to school. However, it's important they keep themselves safe by washing their hands regularly, sneezing and coughing into their elbow and trying to stay in their own space.</p>	<p>Be prepared</p> <p>Although we are trying to ensure school is as normal as possible, there will be changes in order to provide a safe return. Discuss this with your child to ensure they are prepared for change and that they will be expected to follow the new rules and guidance to keep the school community safe.</p>
<p>Be supportive</p> <p>Some students, particularly our younger students may struggle leaving their parents after such a long time. Explain to your child that it's ok to feel anxious but it's time to get back to school and back to normality.</p>	<p>Be calm</p> <p>Returning to school in September will be a nervous time for parents and children. Your child will be more likely to feel calm and relaxed about coming back to school if this is demonstrated at home.</p>