

PARENT GUIDE

September 2020

We are delighted to be able to welcome all year groups back in September, following the government's announcement on 2nd July 2020.

It is important that you read this document fully, in order to understand the changes in school and support your child as they return.

Classes / 'PODs'

Social distancing has been lifted for primary age children in their classes from September onwards and, therefore, we are no longer restricted to 'bubbles' of 15. However, the aim is still to reduce the number of transmission points by minimising contact between groups.

Children will therefore remain in their classes, or 'PODs', and we have taken care to stagger entries, breaks, lunch times and leaving times to allow the classes to move around our school safely. This will minimise the number of other people they will come into contact with. Children will be taught in the same POD with the same adults as far as possible, ensuring contact with other PODs is minimised. Occasionally, a child will be in an additional small POD for an intervention group or other provision. These will be kept consistent.

Although guidance states that adults may move between groups of children, we will minimise this. Specialist teachers for Art, PE, Music and French will not be working in person in multiple PODs across one day. They will be required to maintain social distancing if they are in the classroom but, where possible, lessons will be delivered outdoors, through online provision, or with one POD only.

Uniform Policy

In September, we expect children to come to school in full school uniform each day.

- White school polo shirt (plain or with school logo)
- Purple school sweatshirt or cardigan (with school logo)
- Grey skirt, pinafore or smart grey trousers/shorts
- Lilac gingham dress for summer
- Plain white socks/grey socks/grey tights may be worn during the winter months
- Grey socks with long trousers or white sports socks may be worn in summer with shorts
- Black shoes – if laced, please ensure your child can fasten them independently
- Optional purple reversible fleece/jackets and purple reversible storm proof jacket (both with school logo) are available

Long hair must be tied back and children should not come in with coloured hair.

If children have pierced ears, they should only wear stud earrings, which they must be able to remove and put back in again **independently** on PE days. No other jewellery except a watch should be worn. No smartwatches, please.

Physical Education (PE)

On P.E. days, your child can come to school wearing their P.E kit for the whole day. This will minimize the bags around school and also save lesson time. Teachers will be delivering all PE lessons outside whenever possible. In the event of this not being possible, the Main Hall will be used, with a deep clean of the floor and any equipment used after each use.

PE kit consists of:

- Black or dark grey shorts, joggers or leggings (plain – no branding)
- White polo shirt or t-shirt (plain or with school logo)
- Purple school sweatshirt or cardigan (with school logo)
- Black or white trainers (no brightly colours) - if laced, please ensure your child can fasten them independently

What to bring to school

- Children may now bring in a school bag with their reading book as well as other personal items such as their own tissues and hand sanitiser.
- Children in Years 3-6 may bring in a pencil case, but larger cases that don't fit into trays will need to be kept in lockers or taken home at the end of each day.
- A water bottle – to be taken home and thoroughly washed in soapy water each day.
- Packed lunch, or buy a school packed lunch. Hot or cold school packed lunches will be available (an autumn term menu can be found in this guide). If a packed lunch is brought from home, this can be in a clean lunch box or a plastic bag for complete disposal. Please ensure that your child can open items in their lunch by themselves.
- A coat, if needed.
- Please apply sun cream before coming to school and provide a hat, if the weather is sunny. Your child can bring in sun cream but will need to be able to apply it themselves.

Arrival Times

Due to managing risk for all children returning to school, teachers and parents, a staggered entry into the building will still be necessary.

Please make every effort to be punctual to avoid the risk of PODs crossing.

Please note that your child may not start school at the usual time as the starting timeslots will run from 8:30am to 9:00am

The arrival times are:

	Start time	Arrive from
Reception	9:00am	8:55am
Year 1	8:50 am	8:45am
Year 2	8:50am	8:45am
Year 3	8:40am	8:35am
Year 4	8:40am	8:35am
Year 5	8:30am	8:25am
Year 6	8:30am	8:25am

Entering School

Please **do not** bring your child to school if they, or anyone in the household is showing any symptoms of Covid19

- a new, continuous dry cough
- a high temperature
- loss of taste or smell.

If your child is feeling unwell at all with any illness, they must also stay at home.

We request that only one parent brings the child/ren to school and, once through the gate, we encourage older children to queue without an accompanying parent.

To comply with social distancing, parents are asked not to gather in groups at the entrance gates, or enter the building or the grounds beyond the queue lines (unless you have a pre-arranged appointment). We have 2 entrance points into school: the main gates and the staff car park gate.

- **Y2, Y4 and Y6 will enter the playground through the main gates.**

Y2 and Y4 will enter the building through the main entrance door (for the school office).

Y6 will enter at the top door.

Drop off protocols for the main gates will require parents to drop off children through the smaller gate; and then the parent will follow a one-way system to leave via the double gate. Please ensure that, if you arrive early, you and your child/ren stand on the lines that are marked by the gazebo 2m apart from other families (see picture) and through the gate onto the playground.



Queuing should be on these lines and the playground rather than the pavement, or we run the risk of PODs crossing. It would be helpful if children were to arrive as close to the designated time as possible, rather than more than 5 minutes early.

- **YR, Y1, Y3 and Y5 PODs will enter through the car park gate and doors to arrive on their side of school.** There will be a one-way system demarcated with cones through the staff car park from the car park gate.

The car park will be closed to ALL parents, staff and visitors from 8:15am to 9:10am. We regret that we cannot accommodate privilege parking for vehicles with disability badges in the staff car park at this time, as children's safety is of paramount importance.

Please be mindful of other families dropping off their children as the pavements outside school are narrow.

If you have two children in different time slots, they should arrive in the eldest sibling's time slot. This ensures that each child receives their full entitlement and avoids congestion on Green Lane from families waiting for multiple drop-offs. We hope that this also supports parents. We will provide up to 20 minutes' childcare cover in their POD upon arrival, while they wait for their provision to start.

We will contact you separately about this if you have more than two children in school.

There will be a member of staff at the gates to guide children in, and parents (other than Reception) will not be accompanying children to the door. Once drop off is complete, parents will turn left and exit via the double gates on the playground or the car park gate, as applicable, back on to Green Lane.

The entrances into the school building for each year group are as follows:

Year R	Reception double doors to the car park
Year 1	Side door to the car park
Year 2	Main entrance door (school office)
Year 3	Side door to the car park
Year 4	Main entrance door (school office)
Year 5	Side door to the car park
Year 6	Top double door entrance (next to the site manager's room)

This minimises walking across other PODs' zones.

Exiting School

At the end of the school day, the children will exit through the same doors with their class teacher and be brought to the same gates as arrival for collection by parents. These times are also staggered, but we ask that if you are waiting, be aware of other people on Green Lane and avoid gathering in groups.

For siblings in two different year groups in Years 3-6, they will leave school at the time of the youngest sibling.

For siblings in two different year groups in Reception, Year 1 and Year 2, they will leave school at the time of the youngest sibling.

Children in Year 1 and Year 2 will not be having an afternoon break so that any siblings in those classes can leave school at the time of an older sibling in Years 3-6 without losing any of their education entitlement.

The car park will again be out of use to vehicles to allow children and parents to move out of school safely. This will apply from 14:35pm to 15:25pm.

Finishing times are as follows:

Reception	15:15pm
Year 1	15:05pm
Year 2	15:05pm
Year 3	14:55pm
Year 4	14:55pm
Year 5	14:45pm
Year 6	14:45pm

Hand Washing and Hygiene

- Children will be asked to wash their hands at the hand sanitiser station on entering and exiting the building.
- Children will be supervised washing their hands or hand sanitising: before and after break, before and after lunch and after every toilet visit.
- Children will also be expected to practice good respiratory hygiene – catching coughs and sneezes in tissues and disposing of them in a lined, lidded pedal bin, and then washing their hands.
- Children will be asked to avoid touching their mouth, nose and eyes with their hands or equipment. There will be verbal and visual prompts to remind them.
- Children must not share drinking bottles or food.
- Children are to tell an adult if they are experiencing symptoms of coronavirus.
- Equipment shared between PODS will be cleaned or left for a period of 72 hours.
- Where toilets are shared between PODS, a further enhanced cleaning regime will be established.
- There will be pump hand sanitisers and additional, wall-mounted, automatic hand sanitisers around school for staff and children to use. Children may bring their own hand wash and/or hand sanitiser (with name label) and keep it in class.
- It has been recommended that children and staff do not wear a mask in the school building. Masks will only be worn by staff in the event of administering First Aid, where close, personal contact is taking place, or if dealing with a symptomatic individual. If your child wears a mask to come in to school, they will need to remove it safely once inside school, store it inside a plastic bag in their school bag, then wash their hands.

Social Distancing

While the restrictions between children have been lifted, it is still important to adhere to social distancing between adults and children. For this reason:

- The children will be in their classroom/POD. Contact between year groups will not be permitted. Staff will also remain within their POD and not be deployed elsewhere, unless this is unavoidable or in order to deliver targeted support or specialist lessons.
- Each POD will be allocated its own room and a set of toilets, which will be cleaned more frequently. Some PODS will share toilets with another POD and these will have further enhanced cleaning.
- In order to protect the other members of the POD, we ask parents to please ensure that their family acts in accordance with current government guidance when socialising
- In PE, they will be playing non-contact games. Equipment can be shared within a POD but must be cleaned after use.
- Children to remain in their own PODs throughout the day unless being walked along a corridor by an adult.
- Access for groups to parts of school will be limited to their classroom, their designated toilets and designated entrances/exits for them. Other areas are out of bounds unless they are walking through with an adult supervising.
- Children will use cloakrooms no more than 2 at a time to avoid crowding.

In Class

Each child will have their own seat space (carpet space and/or table), which will be assigned by the teacher according to the needs of the class. This seating will be a fixed arrangement and children will be forward facing as much as possible.

The classrooms will look quite different as we will need to seat children in rows as far as possible and reduce furniture in the rooms, to allow for social distancing between adults and children. We have also been obliged to remove soft toys and fabrics, which government guidance states should not be shared.

Guidance states that equipment can now be shared between children in a POD. Children will be provided with their own equipment such as pencils, pens and books to avoid sharing equipment unnecessarily. Laptops and iPads will be cleaned after use. Reading books, games and other resources will be shared within the POD but will be wiped/washed more regularly, or will remain untouched for 72 hours.

Reception outdoor equipment will be sprayed regularly.

If equipment must be shared with other PODS, it will be thoroughly washed in soapy water between uses. If this is not possible, it will be sprayed with a disinfectant spray or thoroughly wiped with a disinfectant wipe. Foundation subject resources will be allocated to classes as needed. These can then remain untouched for 72 hours (5 days for plastics) or thoroughly cleaned before being used by another POD.

Weather permitting, we will be spending more time learning outdoors, especially for PE.

We will be following an enhanced cleaning regime with tables, chairs, rails, door handles, light switches, toilet flushes, sinks, taps, toilet door locks all cleaned twice daily, to make the school as safe as possible for children and staff.

We have lidded bins available in each classroom for used tissues, hand towels and antibacterial wipes.

Infection control

Children must not attend the school if they display any coronavirus symptoms. In this situation, the school will only allow the child to return if they either have a negative test or have self-isolated for 7 days.

Children must not attend the school if a member of their household displays any coronavirus symptoms. In this situation, the school will only allow the child to return if the member of the household has a negative test or your child has self-isolated for 14 days. In both cases, it is the duty of the parent or carer to inform the school about the symptoms and test results.

What happens if there is a confirmed case of coronavirus in the school?

If a child develops symptoms compatible with coronavirus, they will be sent home and advised to self-isolate for 7 days. Their fellow household members should self-isolate for 14 days. All children now have access to a test if they display symptoms of coronavirus, and are encouraged to get tested in this scenario.

The rest of the POD remains in school. Their classroom will be 'fogged' with disinfectant mist as soon as possible; this quick, thorough and safe process only requires them to be out of their classroom for a maximum of 30 minutes.

Where the child tests negative, they can return to school and their fellow household members can end their self-isolation.

Where the child tests positive, the rest of their class will be sent home and advised to self-isolate for 14 days. The other household members of that wider class do not need to self-isolate unless the child they live with in that group subsequently develops symptoms. All other parents in school will be alerted of a confirmed case within school but do not need to take any action other than to monitor their child for any symptoms.

The school will take the temperature of a child if they have concerns about their health.

It is important that all children understand the following:

- They must not touch or hug anyone – staff or pupils. There is to be no physical contact between anyone in school, unless strictly necessary (e.g. First Aid)
- Younger children are not expected to socially distance; older children are still encouraged to maintain physical distance from each other when possible.
- They will be expected to sit and stay at their own work station when in class unless directed to move by the teacher.
- They cannot share snacks or any food.
- Each child will be given their own resources to use. These must not be shared with other children.
- They may use shared resources when directed to by the teacher. These will be cleaned between uses.
- Children cannot play contact games such as football, catch and tag at break times.
- They will not be able to mix at all with children in other PODS, even at playtime.
- They have to wash their hands properly, for 20 seconds, using the advised technique throughout the day as guided by staff and after toileting or if they have coughed or sneezed into their hands (whether or not they have used a tissue).
- They will be encouraged to cough/sneeze into the elbow crease if they do not have a tissue to hand.

If your child starts to feel unwell, with or without symptoms of COVID19, they will be sent home.

The Curriculum

If your child has not attended school throughout the partial closure, it will look and feel quite different to what they remember and they may understandably find it a little confusing and unsettling at first. To allay anxiety and address wellbeing, we will initially focus on ensuring that the children have opportunity to voice their thoughts and feelings through a range of transition activities, which we hope will offer them reassurance and coping strategies. Once we are confident that the children are settled we will be looking to assess in a variety of ways and address gaps in their learning.

- Reception will have their EYFS curriculum delivered as fully as possible.

Core Subjects

- For Years 1 and 2, additional Phonics and Reading sessions will be included each day to close the gap in learning. The Year 1 Phonics Screening Test missed during the summer term will now take place in the autumn term of Year 2 for this year only.
- All year groups will be receiving a full curriculum offer but with timetabling to reflect an emphasis on essential core skills and knowledge, particularly those only taught remotely in 2020
- After an initial assessment of Maths, Reading and Writing, teachers will refine their planning and resources to meet the needs of the class and to close any gaps in prior learning.

Foundation Subjects

- Foundation subjects, apart from PE, will be blocked on timetables so that resources are not going between PODS. This means, for example, that your child may cover their Science learning for the half term in multiple lessons over two weeks, then do a week of multiple History lessons.
- Year 3 will have weekly keyboard lessons delivered by a specialist teacher, socially distant.
- Year 5 and Year 6 will not receive voice or Gospel lessons at this point due to the increased infection risk from large groups singing. However, this will be reviewed if government guidance alters. They will access in-house Music sessions instead.
- Mr Corcoran will be delivering Art in blocked full days to Years 2-6. This avoids him having contact with multiple PODs on the same day. It means that each year group will come off timetable for an Art day every 5-6 weeks of term time.
- Children will be working in exercise books and these will be marked in accordance with the agreed mark scheme.

Homework

This will be electronic, with resources provided and marked automatically by the application (TTRockstars, Reading Plus, Mathletics and spag.com) or through SeeSaw by the class teacher. SeeSaw is an application which we are in the process of acquiring. It offers much more than Class Dojo and will, we hope, enhance remote learning should it be necessary for a child or group of children needing to self-isolate. For example, it allows for child-teacher text and voice messaging about work set and makes it easy for children to work on and save documents online.

Break Time and Lunch Time

Break times and lunch times will be staggered.

	Morning Break Time	Lunch Time Hall / Class	Lunch Time Playground
Reception	10:00-10:15am*	11:30-11:55am	12:00 - 12:30pm
Year 1	10:15-10:30am	12:00-12:20pm	12:25 -12:50pm
Year 2	10:35-10:50am	12:30-12:50pm	12:55-1:20pm
Year 3	10:15-10:30am	12:00-12:20pm	12:25 -12:50pm
Year 4	10:35-10:50am	12:30-12:50pm	12:55-1:20pm
Year 5	10:15-10:30am	12:00-12:20pm	12:25 -12:50pm
Year 6	10:35-10:50am	12:30-12:50pm	12:55-1:20pm

*Reception will be using the back playground, field and their own outdoor area for their outdoor play.

- The main playground (and field) will be divided into 3 spaces. We have allowed 5 minute changeover gaps for playground time mid-morning and at lunch time so that Years 1, 3 and 5 can be brought inside while Years 2, 4 and 6 are still in their classroom or the hall. Timings will be strictly adhered to.
- At break, the children will be zoned off on the playground and kept in their 'POD' of children and staff.
- Outdoor play equipment will be used on a rota basis.
- Children can share equipment outside, but only non-contact games will be allowed. We hope to provide a sports coach in each playground space over lunch times so that Years 1-6 will have active, socially-distanced games organised for them.
- Reception, Year 1, Year 2, Year 3 and Year 4 pupils will eat lunch in the Dinner Hall at designated tables and in staggered time slots. There will be increased cleaning practices adhered to and social distancing between PODs.
- Year 5 and 6 children will eat their lunch at their desk in the classroom and this will be wiped down before and after their lunch.
- For Years 5 and 6, these will be delivered in brown, paper bags to classrooms by their midday assistants.
- For other year groups, up to two PODs will use the hall simultaneously with control measures in place. There will be two sets of 10 tables and 10 benches with minimum 2m space between the sets. Windows and doors will be open to allow for full ventilation. All the children in the room will be facing in the same direction. Time has been allowed between sittings for the tables and benches to be cleaned thoroughly by several members of staff.

Lunches

Free school hot and cold packed lunches on a two-week rota will be available to all Reception, Year 1 and Year 2 children (under the Universal Free School Meals scheme) and to any children eligible for free school meals.

School hot and cold packed lunches will also be available to buy via ParentPay.

The two-week autumn term menu rota is below:

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Roll or Jacket Potato With Cheese, Tuna Or Beans	Pasta Bolognese Jacket Potato with Tuna Or Cheese Quorn Mince	Sausage (option for vegetarian sausage) or Burger in a bun Jacket Potato With Tuna, Cheese or Beans	Hot Wrap Jacket with Cheese or tuna Quorn	Fish Finger or chicken in a Bun Chipped Potatoes or popcorn Quorn Bites
Carrots & Cucumber Sticks	Carrots & Cucumber Sticks	Carrots & Cucumber Sticks	Carrots & Cucumber Sticks	Carrots & Cucumber Sticks
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Doughnut	Yoghurt	Blueberry muffin	Home Made Biscuit / Cake	Ice Cream / Yoghurt
Fruit juice drink	Fruit juice drink	Fruit juice drink	Fruit juice drink	Fruit juice drink

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Jacket Potato with Cheese, Beans or Tuna	Meatballs And Pasta Jacket Potato With Tuna or Cheese	Hot Panini Jacket Potato with Cheese, Beans or Tuna	Chicken Curry Jacket Potato	Fish Fingers or Chicken in a bun Chipped Potatoes or Popcorn
Carrots & Cucumber Sticks	Carrots & Cucumber Sticks	Carrots & Cucumber Sticks	Carrots & Cucumber Sticks	Carrots & Cucumber Sticks
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Home Made Biscuit	Yoghurt	Doughnut	Yoghurt	Ice Cream / Yoghurt
Fruit juice drink	Fruit juice drink	Fruit juice drink	Fruit juice drink	Fruit juice drink

As usual, we can be flexible and allow for children to have school packed lunches on days of their choice.

However, we are asking parents to give us **advance notice** of which days they will be taking up the offer. **On Monday mornings, parents will need to send in their child's menu choices for the days that they plan to have a school lunch that week.** This will support kitchen staff, who are having to work socially distantly in our kitchen, to be able to plan ahead.

Attendance requirements

Children are expected to attend school fully. We will be recording attendance in line with government policy and our own Attendance Policy.

- Absences will be recorded and we will ask for a reason for your child's absence.
- If your child is unwell, you must call the school as soon as possible to inform us of their absence.
- Where a pupil is unable to attend school because they are clinically vulnerable or are following Public Health advice, remote education will be offered through online programs and the application 'SeeSaw'.
- A child/young person who lives with someone who is clinically vulnerable, including those who are pregnant, can attend school.
- As normally applies, persistent absence will be reported to Warrington Borough Council Attendance Service. Measures may be taken, including fines.

Behaviour

We understand that there will need to be an adjustment period when children return to school, for them to understand why we have some new rules about keeping themselves and others safe. We will support them with this and provide visual and verbal prompts. Accidental transgressions will not generally be subject to sanctions, particularly with very young children.

However, deliberate transgressions putting others at increased risk will be taken seriously, particularly deliberate coughing or spitting at someone. These will be subject to a scale of sanctions up to and including exclusion.

Contacting School

The majority of contact with the school, including with teachers, should be by Class Dojo/Seesaw, phone or e-mail to the school office. Face-to-face contact inside the school building should only be used in an emergency or if unavoidable. If a class teacher needs to speak to you, you may be contacted by phone to avoid private discussions taking place on the playground at the end of the day.

Due to office staff needing to maintain strict social distancing, parents and carers will only be permitted to come to the school office by prior arrangement and if strictly necessary. Only one adult will be allowed into the school foyer at any one time and must wear a mask when speaking to staff.

Supply

The school will aim to avoid using external supply teachers at this time to cover short-term staff absence. This is to minimize the risk of cross-infection from other education settings and households and may mean that a teaching assistant will deliver the lessons planned by the teacher.

Mental Health

We have found that children coming into school during the lockdown quite quickly adjust to the new, temporary 'normal'. Staff will do their utmost to nurture the children during this adjustment period and beyond and we expect that most children will cope well and enjoy being back in school. However, it is possible that some children may find this period more of a challenge. Therefore, we will be following a trauma-informed approach.

During our partial closure, all staff received training from an experienced play therapist provider on supporting children's mental health. We will encourage children to use some strategies to cope if they are experiencing difficult emotions on their return. We are conscious that some children may have suffered a bereavement or other very challenging circumstance during lockdown and we would ask that you alert us to this confidentially so that we can be mindful of the additional support they may need. Also, we have access to support from mental health care professionals, who can advise staff and parents if anxieties continue or if other mental health issues need addressing.

We have included some tips and resources which you may find helpful to allay anxiety.

Tips for parents to ease child anxiety at returning to school

- A few days before school, start preparing children for the upcoming transition by getting back to school routines such as a realistic bedtime and selecting tomorrow's clothes, getting them up early in the mornings etc.
- Arrange online calls (i.e. on zoom) with one or more familiar peers before school starts. Research shows that the presence of a familiar peer during school transitions can improve children's academic and emotional adjustment. If online calls are not possible show them class photos or talk to them about who they will meet again when back in school.
- Talk children through the morning routine and school drop-off; children are less fearful if they know what to expect. Talk to children about what to expect when they go in to school. Highlight the fun as well as what they might find challenging.

This video would be useful to support you with this (note that we will not be taking temperatures)

<https://www.youtube.com/watch?v=RGNi0mEmwpl&feature=youtu.be>

- Come up with a prize or a rewarding activity that the child could earn for separating from parents to attend school.
- Validate the child's worry by acknowledging that, like any new activity, re-starting school can be hard but soon becomes easy and fun.

- Reassure children that school is a safe place and explain what they can do to keep themselves safe (i.e. when sneezing 'catch it, bin it and kill it' by washing their hands). Explain what you as a parent will do to keep yourself safe while you are at home or in work.
- Parents should try and manage their own anxieties in front of their children, model a sense of calm and confidence.

For anxious older children who do not want to attend school, explain to them:

How avoiding school maintains their anxiety. Facing our fears may increase our anxiety at first but eventually the anxiety reduces.

The body symptoms that we experience when we're anxious (i.e. fast beating heart, sweaty palms, fast breathing etc.) can be alarming but they are our body's natural response to a perceived danger.

Videos for children that explain anxiety

- ♣ Fight Flight Freeze – A guide to Anxiety for Key Stage 2 primary school children:

https://www.youtube.com/watch?v=FfSbWc3O_5M

- ♣ Fight Flight Freeze – A guide to Anxiety for secondary school children:

<https://www.youtube.com/watch?v=rpolpKTWRp4>

- ♣ The owl and guard dog brain – For Key Stage 2 primary school children:

<https://www.youtube.com/watch?v=so8QN9an3t8>

The best way to reduce anxiety is by calming our body symptoms. We can do this by practicing techniques such as muscle relaxation, breathing, grounding exercises. Below are some ideas on how children can relax their bodies.

- ♣ Kids muscle relaxation: <https://www.youtube.com/watch?v=cDKyRpW-Yuc>

- ♣ Relax like a cat: <http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>

- ♣ Calming anxiety: <https://copingskillsforkids.com/calming-anxiety>

Resources on school transitions

- <https://www.annafreud.org/media/5103/all-change-parents-back-to-school-guide.pdf>

- <https://childhood101.com/starting-school-12-tips-for-easing-separation-anxiety/>

Information on school refusal

- https://mindedforfamilies.org.uk/Content/refusal_to_go_to_school/#/id/59faef4f768f5e9649724d03