



HAWRIDGE & CHOLESBURY CHURCH OF ENGLAND SCHOOL

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**OUR SCHOOL VALUES: RESPECT - UNDERSTANDING – PEACE – HONESTY – RESPONSIBILITY - TEAMWORK**

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Dear Parents/ Carers

I hope you are all well.

Mrs Woodward and I have spent lots of our time thinking about the wellbeing of our children. So, we have put together some resources for you to use with your child in order to prepare them for the return to school.

Covid 19 has been a strange and unusual time for us all. It has had an impact on each and every one of us in some shape or form. Therefore, it is important that we understand the return to school **could** be a big, worrying step for your child right now; it won't necessarily be a concern for every child.

We want to support you with this transition in order to make your child's return to school a step that they feel safe and comfortable with. To enable us to prepare for this in the best way we can we would encourage you to take a look at the following resources:

1. **My Lockdown Experience** – this resource can be used for children of all ages. For younger children you may like to complete this with them. Please send any comments your children make during this activity, or the completed sheet itself, via email to your class teacher. This will provide us with an understanding of your child's experience and help us to prepare for them in school. If you believe your child is very anxious then you may also like to complete the '**My Feelings and Covid**' resource with them too.
2. **H&C Worry Monster** – writing down worries and feeding them to a worry monster to look after can really help a child to handover their concern. We use them often in school. If your child has any particular worries about returning to school then please do take a look at this resource. Open the word document and click on the monster's tummy to take you to a simple page where your child, or you on behalf of your child, can anonymously submit a worry (we have used a Survey Monkey page for this). Mrs Woodward and I will regularly take a look inside the worry monster and if we are able to answer the worry then our '**Returning to school – FAQ for children**' document will be updated with information to hopefully help push the worry to the back of the mind.
3. **Social stories** – here we have two social stories which you can use with your children about returning to school at some point. One is suitable for EYFS/KS1 and the other for KS2. We also have a social story about the importance of taking exercise whilst you are at home.
4. **Visual timetable 'Our day at home'** – if you are not doing this already, then it may be a good idea to start to give your day at home some structure in order to prepare the children for returning to the structure of the school day. Perhaps getting up a little earlier and planning certain tasks to be completed at given stages of the day.

*\*\*All of these resources can be found under the Covid 19 tab on the school website on the SENDCOs/Wellbeing page\*\**

We do hope you find these resources useful and wish everyone a happy return to school when the time comes!

Best wishes

Caroline Davey & Heather Woodward  
SENDCOs