**Transition back into school-**

Transitioning back into school following the Coronavirus lockdown will be an anxious time for many staff and pupils and it is important that schools try to manage this transition as smoothly as possible.

Below are a list of areas that schools may want to think about both prior to the children returning to school and once they are in school.

1. **Before the children come back to school**

All children will have different feelings about returning to school and it might be helpful for you to know what these are prior to them returning to school or on their first day.

The Transition Activities document or Rainbow return GHLL document could help with this. Either of these documents could be sent home for the children to discuss and complete with their families, or completed when they return to school.

1. **Reintroduction into school and school expectations**

When the children return to school, it will not be a “normal school day” as we have previously known it.

**Social distancing**

Social distancing will still need to be adhered to (as much as possible) both by pupils and staff. Schools will need to consider how to allow staff to keep 2 meters apart and children. This means thinking about classroom set up, playtimes, lunchtimes, the staff room, etc. *See the ‘post-covid lockdown document’ for more support on this. (document that Fiona and George have worked on)*

It is also important to educate and remind the children why it is important to adhere to social distancing. There are lots of social stories available that help to reinforce this message - <https://www.ghll.org.uk/covid19/covid-19-supporting-children-and-young-people/reading-books/>

<https://www.youtube.com/watch?v=2PnnFrPaRgY>

This game can also be a fun way to remind the children of this - <https://martin-jacob.itch.io/can-you-save-the-world>.

**Supporting pupils - anxieties**

Whilst many children will be very excited to be returning to school to see their friends and teachers, there will also be a lot of children who will be very anxious. Children have been with their families and been told not to leave the house for a long period of time, but are now expected to return to school, which of course will make many children anxious. It is important to take the time to talk to children about their anxieties and worries and to address these. Here are a few ideas to support your pupils:

* You may like to do a survey before the children return to school to gage how they are feeling, or once they have arrived in school. (see examples above)
* Talk about the steps the school have taken to make it a safe place for the children to be in – deep clean, social distancing, hand washing etc
* share social stories
* complete the GHLL Rainbow booklet
* introduce a daily check in where children can share how they are feeling throughout the day and staff can be aware of this and take the time to talk to children when needed. The facts4life Makaton song may be a nice way to do this each morning with younger children - <https://www.youtube.com/watch?v=X2hNnLmOMMQ>

This could also be through a simple game where the children all stand up and point to the part of their body to show how they are feeling on a scale – feet being unhappy, knees show they are not brilliant, waist ok, shoulders happy and head super happy!

* Introduce a ‘worry box’ or ‘worry monster’ to the classroom
* Identify individuals or groups of children for focussed intervention if needed

**Supporting pupils - anxieties**

Unfortunately, some children will have also suffered a bereavement during the lockdown period. You can find resources to support these children here –

<https://www.ghll.org.uk/covid19/covid-19-supporting-children-and-young-people/bereavement/>

Belinda also has lots of resources for this area.

**Personal hygiene**

Good handwashing will need to be reinforced.

Here are some useful resources:

KS1 Hand hygiene - <https://e-bug.eu/junior_pack_ks1.aspx?cc=eng&ss=2&t=KS1%20Lesson%20Pack>

KS2 Hand hygiene - <https://e-bug.eu/junior_pack.aspx?cc=eng&ss=2&t=Hand%20Hygiene>

Hand washing – EYFS/KS1 - <https://www.youtube.com/watch?v=S9VjeIWLnEg>

1. **Wellbeing and importance of looking after each other**

Schools will need to promote the importance of wellbeing and the importance of looking after each other.

**Five ways to wellbeing**

This could become a whole school focus. See links below for more information. GHLL will be producing further resources on this soon and your GHLL Lead Teacher can also support you with this.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<https://www.ghll.org.uk/pink-safeguarding-curriculum/pink-curriculum-resources/mental-health-intervention---project-oaks/>

**Activities for promoting teamwork and relationships**

The children will not have seen their classmates for a long time and may be in a different ‘bubble’ to their main friends and staff they are not as familiar with.

Therefore, it will be important to play games and complete activities that encourage teamwork and good relationships.

*see Di’s list of ideas of activities*

*see possible activities linked to the Connect from 5 ways to wellbeing*

**What is different in society now and how communities came together during covid 19 (looking at the positive)**

Whilst the coronavirus has been a devastating virus, lockdown has had some positive impact for some people. Examples could be:

-spending more time with family

-parents working less so having more time with the child

-community spirit – helping neighbours

-recognition for key workers – nhs clap etc

It is good to allow the children the opportunity to reflect on this. The **Post covid time capsule activity or the Rainbow Booklet,** both have activities that support this.

For younger children, it might be simply sharing a social story linked to the coronavirus and then having a circle time to discuss this. They might like to paint/draw a picture of what they enjoyed doing during the coronavirus.

**Positive future Vaccination and immunity**

Some children will still be very anxious about still possibly getting the coronavirus or there being another spike in the number of people that catch it, especially now children are returning to school.

It is important to recognise and discuss these worries but also to look at what steps are being taken to protect them in school (social distancing handwashing etc) and how testing and research is taking place to try and help to make a vaccine.

Facts4life have some free home learning resources can support schools with education children on illnesses and healthy living

<https://facts4life.org/work-for-home-learning/>

**Transition into school for EYFS**

Unfortunately, this year’s transition of 4 year olds in to school will have to look very different due to the coronavirus. Good practise would normally involve a range of activities to help a smooth transition into school, including home visits, the Reception class teacher visiting their new pupils in their current nursery or pre-school setting, settling in sessions in their new school and a New Parents Information Evening. However, a lot of that is unlikely to be possible this year, but it is still vitally important that schools do all they can to try and support their new parents and pupils with this process.

 Suggestions for good practise-

-make contact with new parents as soon as possible to help to reassure them that the school is thinking about them and their child who is due to start school. Be honest and explain that the normal intake of pre-school/nursery visits, home visits, taster days may not be able to happen but the school will keep them updated as we know more and will try to do everything they can to ease the transition process (see example letter)

-offer a virtual 'new parents information evening' or send a video of the staff to the parents and the children introducing themselves

-the Recepion teacher could send a letter to their new children introducing themselves and include a photo

- if your school has a Year 6 and Reception buddy system, the Year 6 buddies could write a letter to their new buddy

-the school could send their new childrem a little task that they can share with you for when they start school - e.g. send a paper bag and ask them to decorate it and fill it with photos of people and pets that are special to them, their best book etc. This will give the child something to prepare for school and look forward to sharing once they are in school. It is also a great way to get to know your pupils once they are in school.

- keep the new parents updated regularly so they feel they are being kept in mind and reassured.

- if possible, call or email the pre-schools/nurseries that the children attend to try and get their transition records and discuss the children as individuals

-send an information pack home to parents so they know about practical things such as uniform. Also send home an 'All about me' form so the parents can tell you about their child, their interests, and where they feel they are in terms of 'readiness for school'

-the pack could also include a 'school readiness' form so the parents have ideas on things to do with their child to prepare them for school (e.g. changing independently, using knife and fork etc)

Transition to year 7

<https://www.youtube.com/watch?v=Mu9R0rpO38U&app=desktop>