

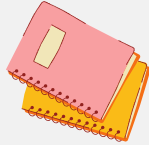


TOP TIPS FOR STUDENTS

MANAGING THE RETURN TO SCHOOL

RECOGNISE YOUR FEELINGS

It is important to acknowledge the challenges some of us may have faced during the pandemic, but also the things that we have achieved, however small. Going back to school may feel scary, or you may have already found school a difficult place to be. It's OK to have these feelings and be worried. What is really important is that we all talk about our feelings - that there is someone and somewhere that we feel safe to share how we feel.



TAKE YOUR TIME

It can take time to adjust to being back at school, and it's okay if it doesn't feel comfortable at first. Even when you're back at school, make time every day to continue with things that you have enjoyed over the lockdown.

UNDERSTAND THE RULES

Take time to understand the government guidance around keeping safe and how this applies to you and your school. Ask a trusted adult if you are unsure about what may have been affected, but remember that lots of things have stayed the same too!

PLAN & PREPARE

Knowing what is going to happen can help us to feel more in control. There may be things that you can find out about how your day will be structured, where you will need to go, and what equipment you might need. Prepare this in advance where you can - looking at your school website or newsletters might help!

GET INTO A ROUTINE

Your bedtime and wake up times may have changed whilst you have been at home. To make things easier when term arrives, begin to go to bed and wake up when you'd need to during your school week. a couple of weeks before you return.



RECONNECT

Many people have missed seeing their school friends during this time. Before the beginning of term, reconnect with some of your peers by reaching out to them. You could ask them how they feeling about the return back and consider how you can support one another.



SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask your parents/carers, or reach out to one of your teachers if you feel you need further support with your learning or how you are feeling. People are there to support you!

SELF-CARE

Change and uncertainty can be difficult to manage, so it's important we look after ourselves. Consider things you can do relax - take a bath, read a book or listen to your favourite music. Try to ensure that you are eating and sleeping well and using technology and screen time in a way that is helpful to you.



Useful Resources

- Young Minds website - <https://youngminds.org.uk/>
- Childline advice on returning to school - <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/school/>
- Anna Freud Website - <https://www.annafreud.org/>
- Kooth - online counselling support <https://www.kooth.com/>
- Shout! text support line - <https://www.giveusashout.org/> or Text Shout to 85258
- Bromley Community Wellbeing Service offer free talking therapies to young people living in the Borough or who have a Bromley GP. Talk to your parent/carer or teacher or visit [://www.bromleywellbeingcyp.org/refer-now/](https://www.bromleywellbeingcyp.org/refer-now/) for more details.