



WOODHALL SCHOOL



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Good Morning Everyone,

I hope that you are all well and haven't melted in the heat! I personally can't get enough of the hot weather, although I am very concerned about the dwindling ice-cream situation in supermarkets. Don't worry, I shall continue to monitor the situation!

And talking of worrying, I can imagine that many of you have been thinking about the children coming back to school in September, particularly as it's been an almost daily news topic. When you picked up school reports etc. in July, we asked you to complete a short survey. Thanks so much - this will really help us to understand how your child might be feeling about coming back and what their lockdown experience has been.

I just wanted to share some of the results and recommend some websites etc. that might help over the next few weeks.

It's great to see that the majority of children are excited about returning, as we can't wait to have them back! However, **13% of children are feeling anxious** (and I bet even those who are excited still have a few little worries) about September.

Have a look at <https://www.elsa-support.co.uk/> - a fantastic website. If you look at the 'free resources', there's a worry jar activity which provides a great conversation starter, and you can help your child to make a plan or give them a strategy for dealing with each worry.

45% of children have been in touch with school friends either rarely or not at all. Friendship is a huge part of school! On the ELSA support website, these resources might help: 'My Little Book of Friends' and 'Thinking About You' cards.

Three Rivers are still running summer play schemes (www.threeriversleisure.co.uk/playscheme) which, if you can make it, is a great way into socialising again with peers.

It's no surprise that normal routines were lost for many people during lockdown. You told us that **28% of children lost their normal routine, and 45% did not keep to a bedtime routine.** It might help to start re-establishing these routines before school starts, as there won't be a 'quick fix'. Try this site: www.verywellfamily.com/kids-and-bedtime-routines-2634260 for some helpful tips.

Children's behaviour was bound to change during lockdown; their worlds were turned upside-down. **59% of you said that your child's behaviour had changed; with 37% saying that it had become significantly more challenging than usual.** 'The Parenting Puzzle' has a series of helpful videos on You Tube: <https://www.youtube.com/watch?v=Fsf6Ad4K1BU&list=PLJLBUKxcmd1dkknvGTT3FRQ9pb70mGUWW>

Our local area support network (DSPL9) also has some brilliant links: <http://dsplarea9.org.uk/parentscarers-families/>

19% of you feel anxious about your child returning to school (again, no surprise given the circumstances) You are not alone! We will be following all current government guidelines to keep parents, children and staff as safe as

possible when we all return. School adults will be waiting to greet you at the school gates and discuss any concerns (please see the letter I sent in July for arrangements in full) If your worries are ongoing or you feel that you'd like to talk to your child's class teacher/our Family Support Worker/myself, then we can arrange that (in a socially-distanced way, of course!). We are here to help.

Finally, here are some more general websites that you might want to look at. They each have some very helpful support information:

www.mentalhealth.org.uk/sites/default/files/MHF-Scotland-Parents-Pack.pdf

www.familylinks.org.uk

www.winstonswish.org/preparing-children-return-school/

www.literacytrust.org.uk/family-zone/birth-4/preparing-your-child-return-school-or-nursery

And please don't forget, if you or your child have any other questions, feel free to email me with them and I'll try my best to answer...

In the meantime; take care and keep enjoying the holidays!

Miss Lake

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