

the return to school, anxious about the lessons they have missed, their own high expectations and perceived pressure to catch up. Others will be excited and eager to get through the door!

It is important that you as parents make time to talk to your child about all the changes that are happening at the moment. Ask them how they feel and if there is anything in particular that is making them uncomfortable about returning to school. It might be possible for us to work with you to make small changes to ensure they feel more confident about coming back.

Each year group will have specific assemblies where we will remind them who they can talk to if they are worried about anything. The heads of year and safeguarding team are there to support you r children. Names and contact details of all heads of year and safeguarding staff can be found on our website, please take the time to ensure that your child has this information. If in doubt give us a call we really are here to support a smooth transition back to school.

We have included some links with valuable support services offering help and advice on the key issues.

Talking to you child if they are nervous about covid 19

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

<https://cwrise.com/advice-for-parents-covid-19/>

https://www.coventry.gov.uk/info/151/mental_health/3581/mental_health_service_information_during_covid-19_coronavirus/3

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/tips-parents-carers-return-to-school>