



Family Mental Health Bulletin



06 July 2020

The focus for this second bulletin is:

Transition and Returning to School

The return to school may cause anxiety for some young people who are moving to the Gryphon in Year 7/Year 12/changing school or heading back to their new year group, after months away.

What we will do:

To have a smooth transition for all of our young people, our aim is to make this transition smooth and with as little worry or anxiety as possible. We will endeavour to:

- **Reassure** pupils they will be safe when they are in school by following the protocols laid out
- **Ease** anxieties about how they feel returning and the issues surrounding a long absence
- **Develop** a sense of belonging so they feel welcome and this is their school
- **Engage** with you as parents to reassure you as your child/ren return to school after being at home for the lockdown period

What you can do to ease the return to school:

- **Have an open conversation** about what it is that they are worried about and let them know it is natural to feel anxious
- **Some may feel nervous** or reluctant to return to school, especially if they have been learning at home for months, talk about their feelings and reassure them
- **Some may also find it difficult** if they are physically distanced from friends and teachers while at school – you could encourage them to think about other ways to stay connected
- **Reassure them about safety** measures in place to keep them and teachers healthy - remind them about regular hand washing with soap, coughing or sneezing into their elbow or a tissue which must be put in a bin
- **Focus on the positives** – they will be able to see their friends and teachers (if they are

physically returning to the classroom), meet new friends and teachers if starting with us in Year 7 or other years and continue learning new things

What you can do if they are struggling to get back into “school mode?”

- **Create a supportive** and nurturing environment; respond positively to questions and expressions of their feelings. Give support, let them know that it's not only okay, but normal, to feel frustrated or anxious at times like this
- **Encourage them** to stick to their routines and complete on-line learning so they do not feel left behind
- **Get uniform**, bags and equipment ready so they are moving back in to school mode ready for the start of a new term and academic year

Support Links:



A range of advice for young people that you can go through and discuss concerns at home

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

- **Young Minds Parents Helpline** – 0808-802-5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
- **Young Minds Parent Lounge** – video talking about how to help a child refusing to go to school

<https://youngminds.org.uk/find-help/for-parents/parents-lounge/#watch-parents-lounge-videos> [last video on bullet list]

Remember:

The small things you do make all the difference: Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting [Young Minds]