

# Well-being

@Redwell

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Helping you to help your child

## R is for Ready

With the Big Announcement from 10 Downing Street, about schools returning on March 8th, some parents will be heaving a sigh of relief – and others will be anticipating a return to school with some nervousness. What will school be like? Will my child have fallen behind? Are schools safe? Rest assured, we are doing all we can to keep Redwell Covid-secure, including regular sanitising, reminders about social distancing, monitored cleaning, staff testing, good ventilation and retaining bubbles.

## Returning to School

To make the transition back to school easier, here are some things to think about:

1. Do you have all the school uniform you need? Does their PE kit still fit? Are lunch-boxes and book-bags ready to use? It's best to buy or order items soon, if needed, as there will be plenty of other parents doing the same. Shops may run short of popular items.
2. Is your child in a good routine or have their hours slipped a little? If your child has been getting up later and going to bed later, now is the time to start to get them back into school hours. Otherwise they may find the first few days back at school tiring and overwhelming.
3. Are you clear about where and when to drop your children off? Check emails or school ping for the latest. If you're still unsure, please contact us.
4. Have there been any changes in family circumstances or contacts? Please let the pastoral team know, so we can support you.
5. If your child is anxious, perhaps look at pictures of school on the website or walk past to get them used to school again, before we return.

## Remembering the positives

Despite the difficulties, we know that some of you have discovered silver-lining benefits from lock-down. As this time comes to an end, spend time as a family looking at what positives have come out of lock-down. Maybe you are closer as a family or more active? Has your child developed new skills, like lego-engineering, being patient with a sibling or baking? What have you learnt, too? (Yes, understanding year 6 maths counts!). If you have time, a special family meal to celebrate the end of this lock-down can bring new hope and happiness.



By focussing on the positives, you are also showing your child how to cope with tough times and grow from them.

## Useful websites

<https://www.pearson.com/content/dam/one-dot-com/one-dot-com/uk/documents/educator/schools/issues/wellbeing/Tips8-Wellbeing-coping-with-Anxiety-web-final.pdf>  
Lots of really useful advice from a child psychologist about returning to school.

**You can call the Pastoral Team on 01933 676040 or email  
[pastoral@redwellprimary.co.uk](mailto:pastoral@redwellprimary.co.uk)**