



## WILLIAM HARDING SCHOOL

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25 February 2021

**Re:** Tips for Parents/Carers – preparing your child to return to school

**Start talking** - Your child might have worries about the virus, the restrictions in place or returning to school. You can explore these and help them to think of ways to manage them using the resources on the [Family Links website](#) . Share [Back to school story](#) for all children to help them feel positive about returning to school.

**Sleep routine** -Sleep is very important for your child’s mental health and wellbeing, as well as their development. Try and help your child build a healthy sleep routine which they can maintain whether attending school or not. The [guide on improving sleep](#) could be a good place to start.

**Coping strategies** -You use when feeling stressed such as speaking with friends or family, doing regular exercise or using breathing techniques, check out the [self-care toolkit](#). If you feel comfortable, you could share your own worries and feelings about the current situation and ways you are managing these feelings with your child.

**Making yourself available as much as possible** - Children may want to come and talk but maybe not when you expect. Create space for taking in different ways, such as going for a walk together or baking together – there may be less pressure in these circumstances than when sitting face-face.

**Look at the positives** - It might be helpful to talk with your child about the things they have enjoyed during the pandemic and what they may be looking forward to, like their favourite shop reopening, seeing friends in the park or getting ice cream from their favourite café.

As always, if you or your child is struggling, please phone call/email via the school office to our pastoral team, also please look at our website at the many links that we're constantly updating.

Yours faithfully,

Mrs Pacelli

School counsellor

**Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.**

