



CORONAVIRUS - BACK TO SCHOOL TIME



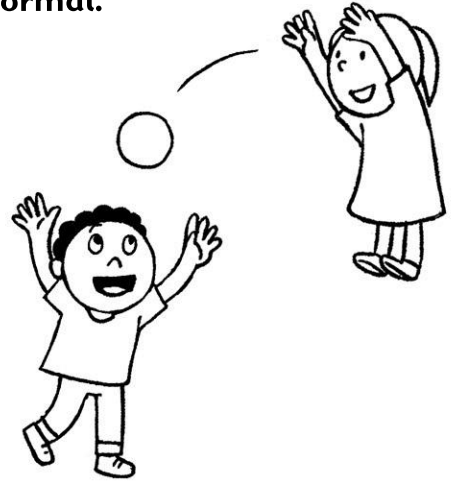
It's a strange time in the world right now. But soon you will be going back to school – it's the first step towards things getting back to normal.

HOW DO YOU FEEL?

Are you excited? Or a little nervous? Will you miss being at home all of the time or will you be pleased to be going back to school?

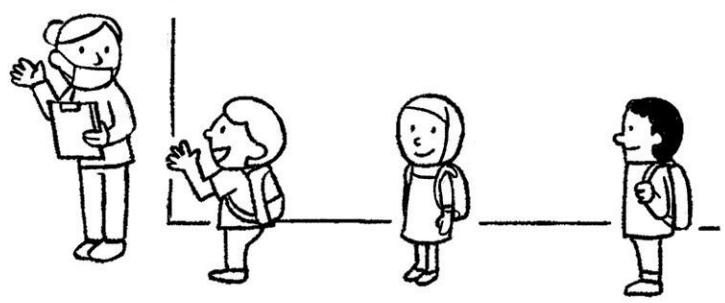
Whatever you're feeling is normal!

Focus on the positives. It will be nice to see your teachers again, to see your classmates and friends, and get back to learning at school again.

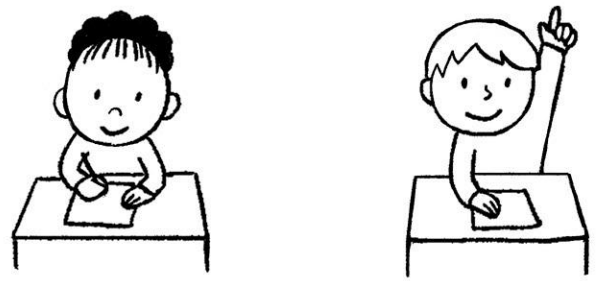


SCHOOL MIGHT BE A LITTLE DIFFERENT

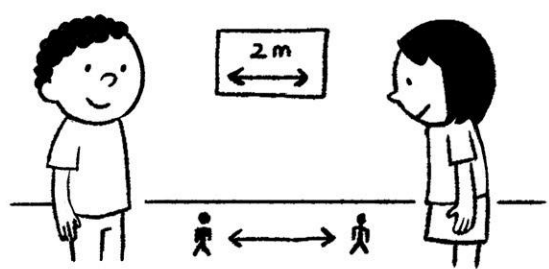
Think about your normal school day, and then try and think about what might be different for a while so that we can all still stay safe. What examples did you come up with?



Maybe you will have to queue to get into school.



Perhaps you will have smaller classes and different school times.



Maybe there will be some new signs and instructions to follow.



People might be wearing masks or gloves.



You'll definitely still have to wash your hands a lot!

YOU WILL BE OKAY

Each school will make the right choice for their students – for you! Ask your teacher if you're not sure about anything.

These changes might seem odd at the beginning, but they're new for everyone so you can all help each other and keep safe.



PREPARE FOR RETURNING TO SCHOOL

Practice your school routine a few days before you go back to school – get up at normal school time and go to bed early. Talk to an adult about what you might need to take and get things ready.



IF YOU ARE WORRIED

Try to figure out what you're worried about and talk to an adult you trust about it. Try some of these, too:

Start a worry jar – it helps you tackle worries one by one.

Remember a time you've been really brave!

Take a deep breath. Count to 10 and breathe out...

Do the flop. Let your arms and neck completely relax to let those worries drip out of you.

WHAT IF SCHOOL CLOSSES AGAIN?

It is possible that schools may need to close again for a little while if more people get sick. If this happens it's so our communities can stay safe and healthy, but learning can still happen at home!



REMEMBER YOUR OWN POWER

You can be a hero and make sure you stay safe by washing your hands with soap and water, and covering your mouth when you cough and sneeze. Be kind and help each other stick to the rules to stay safe.

