

SUPPORTING YOUR SON RETURNING TO SCHOOL

START TALKING

Your son might have worries about the virus, restrictions at school, trying to reconnect with friends or if he has kept up with school work during remote learning. Encourage your son to share their concerns with you. Listen with empathy and ask questions to help him describe how he feels.

TAKING CARE OF THE BASICS

Sleep, healthy eating and exercise are all very important for your son's mental health and wellbeing. Help your son maintain a healthy sleep routine particularly if sleep routines have been different during home learning. Encourage regular exercise which helps with positive feelings and confidence.

BE CALM

Children take cues from their parents, so the more confident and calm you are, the more your son will believe he can cope.

DISCUSS LEARNING

Remind your son of his strengths and previous successes at school.

What can you do to get organised?

What can you do to further improve your learning and growth?

STAY POSITIVE

Keeping conversations focused on the positive aspects of returning to school can be helpful. Ask your son, "what are two things that you are most excited about going back to school?"

CONTACT SCHOOL

If you are worried about your son's return to school, please let us know.

Please contact your son's Oratory teacher in the first instance. We will work with you to plan and put in place appropriate support strategies.

COPING STRATEGIES

Talk about the following strategies with your son can use when he is feeling anxious:

- Identify a teacher/ trusted adult he can talk to when at school
- 5 slow and deep breaths
- Focus on the present and avoid thinking too far ahead.
- Focus on what is in your control e.g. Getting prepared for school, making a nice lunch, connecting with friends

