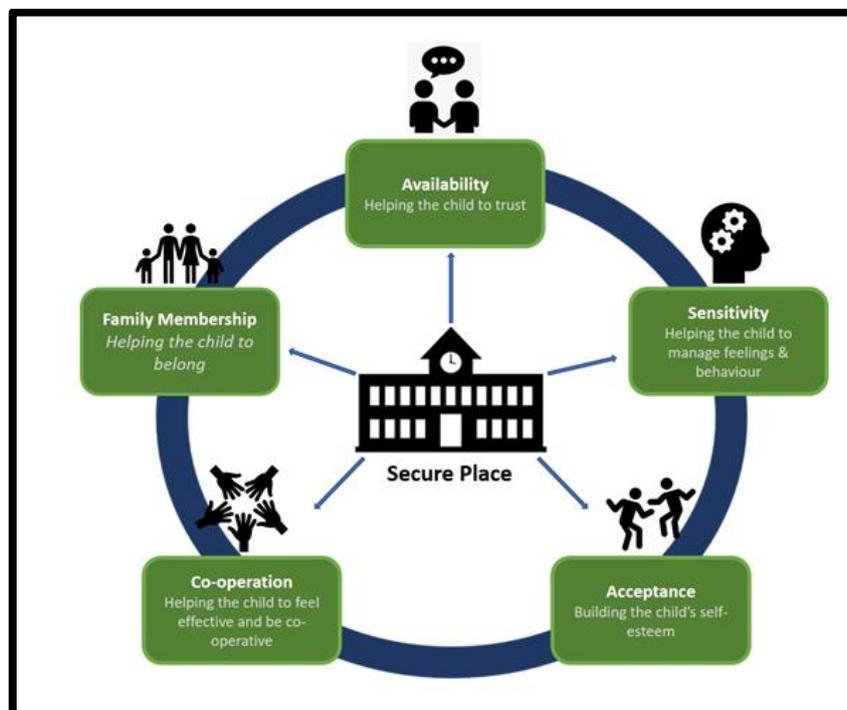


Wednesday 10th June 2020

## Transition of Young Children from Home to North Ealing Primary School after COVID-19

Dear parents/carers,

The transition from working from home back to primary school may cause mixed feelings of worry as well as excitement. It is important that we support our children to experience successful transitions back to school, recognising that transition is a process and not a single event. At North Ealing, our aim is to make this transition as smooth as possible to ensure well-being and readiness to learn.



The following guidance aims to help young children to understand and accept what might be different about school life based on government guidelines.

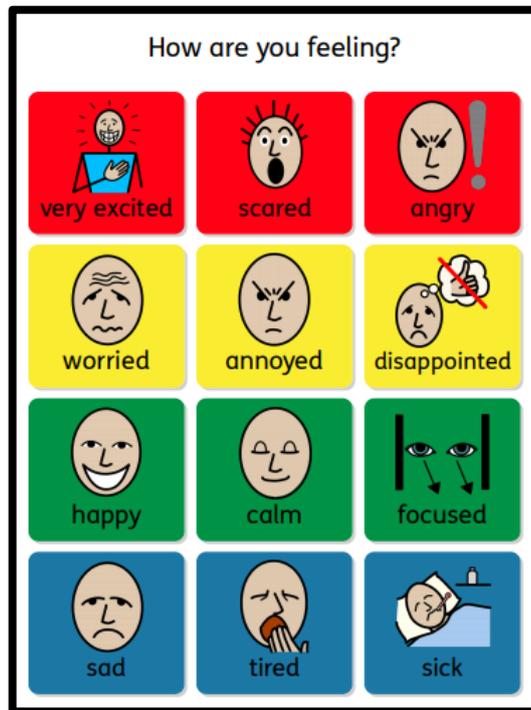
### Tips for parents to ease child anxiety of returning to school

- Before returning to school, start preparing children by getting back into school routines such as a realistic bedtime, selecting tomorrow's clothes, getting them up early in the mornings etc.
- Children will be taught in a small hub of 7 or 8 children. Many Year 1 children

will be in their classroom with their class teacher and a Teaching Assistant they know. Some Year 1 children will be taught in a Year 2 Classroom, by a Year 2 teacher and a Teaching Assistant they will recognize. Most Reception children will be in their usual classroom with their Class Teacher and Early Years Practitioner and some will be in a hub in the Nursery with Nursery staff.

- Staff have liaised with each other about the children in their group and all staff have received Transition Training from Ealing Speech Therapists. Staff will be sensitive to the fact that school will look and feel different than before.
- The Speech Therapists have also developed a simple range of resources that will help you explain the transition back to school. Please see the booklet that accompanies this letter. You can also find it on the school web-site.
- Your child will be with some of their classmates but there may also be some children from other classes. All classes will have some 'get to know you games' on the first day, so that everyone gets to know each other.
- Familiarise your child with school again by showing them photos or videos of activities they did at school, i.e. photos of past sports day events and school plays or for early years show them their art work/drawings they did in school.
- You might consider visiting the school gates before school reopens.  
Rehearse morning routines and talk about new drop off arrangements; children are less fearful if they know what to expect. Talk to children about what to expect when they return to school. Highlight the fun as well as what they might find challenging.
- Come up with a prize or a rewarding activity that the child could earn for separating happily from you to attend school.
- View the **Returning To School** on-line assembly with your child, on Google Classrooms. This will help to prepare your child for some of the similarities and differences they will encounter. The  
Validate your child's worry by acknowledging that, like any new activity, re-starting school can be hard but soon becomes easy and fun.
- At school, we use the **Zones of Regulation** to talk about our emotions. Emotions can be categorized into 4 main groups. Children learn to identify

which colour they are feeling and learn strategies to return to the Green Zone.



### The Zones of Regulation

If your child recognizes that they have entered the Blue, Yellow or Red Zone, encourage them to choose from a range of strategies below to help them return to the Green Zone.



Reassure children that school is a safe place and explain what they can do to keep themselves safe (i.e. by washing their hands regularly and by keeping a safe distance when interacting with children and adults in their hub).

Staff will support children by reminding them of new protocols and give them key phrases to use e.g. “please keep your distance from me.” Explain what you, as a parent, will do to keep yourself safe, e.g. keep a safe distance from other parents and children at the school gates and not entering the school site.

Manage your own anxieties in front of their children, model a sense of calm and confidence.

For anxious older children who do not want to attend school, explain to them:

How avoiding school maintains their anxiety. Facing our fears may increase our anxiety at first but eventually the anxiety reduces.

The body symptoms that we experience when we’re anxious (i.e. fast beating heart, sweaty palms, fast breathing etc.) can be alarming but they are our body’s natural response to a perceived danger.

Below are videos for children that explain anxiety:

- Fight Flight Freeze – A guide to Anxiety for Key Stage 2 primary school children: [https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)
- Fight Flight Freeze – A guide to Anxiety for secondary school children: <https://www.youtube.com/watch?v=rp0lpKTWrp4>
- The owl and guard dog brain – For Key Stage 2 primary school children: <https://www.youtube.com/watch?v=so8QN9an3t8>

The best way to reduce anxiety is by calming our body symptoms. NES pupils are aware of the Zones of Regulation strategies and you can help your child adopt a range of strategies to ease their anxieties.

Techniques such as muscle relaxation, breathing, grounding exercises are beneficial and below are some other ideas on how children can relax their bodies. NES pupils are also familiar with mindfulness as they use it in the Monday assemblies with Mrs Flowers.

- Kids muscle relaxation: <https://www.youtube.com/watch?v=cDKyRpW-Yuc>

- Relax like a cat:  
<http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>
- Relaxation Exercises:
- <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids>
- Relaxation for sleep:
- <https://raisingchildren.net.au/toddlers/parenting-in-pictures/sleep-relaxation>
- Calming anxiety:
- <https://copingskillsforkids.com/calming-anxiety>

