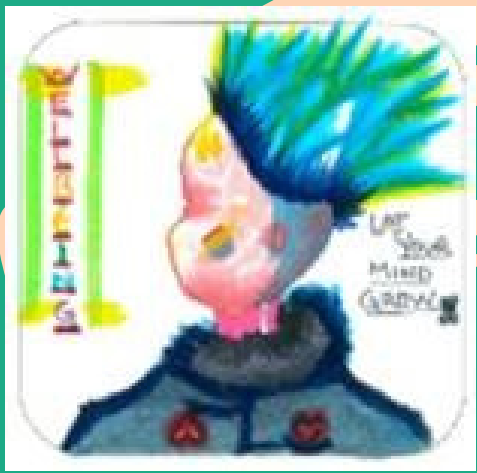


At Wootton Park we believe...



“Wellbeing...

is a powerful tool to grow our own capabilities, independence, resilience and realise our own richest potential.”

“We strive to ... solve our own problems, generate our own opportunities and equip ourselves to thrive in our future.”



COMING BACK TO SCHOOL

START TALKING

to your parents, friends or someone from school if you have any worries or questions about coming back to school.

REMEMBER

We still have to wear our face masks and stay within our bubbles but coming back to school will give you routine and structure back. It is also very important for your education.



SLEEP ROUTINE

Get in a routine with your sleep, do not wait until the day before to get an early night and expect to sleep good and wake up early. Start the early nights a week before coming back to school. This will give your body time to adjust to going to sleep and getting up earlier than you have been. Sleep is proven to benefit your concentration and attention.

UNIFORM

Wash and get your uniform ready the week before so there is no rushing around the day before your return to school. Being prepared in the mornings is a good start to the day.

LOOK AT THE POSITIVES

Think about what you are looking forward to when coming back to school.

Think about what you have enjoyed while in lockdown.

COPING STRATEGIES

If you are feeling stressed about coming back to school you can practise coping strategies such as:

1. Taking a deep breath and slowly letting it out.
2. Mindfulness strategies such as colouring/drawing
3. 5,4,3,2,1 senses - pay attention to your senses and surroundings.
4. Talk to the wellbeing team before returning to school.

For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to www.schoolinterviews.co.uk and enter code bky83 to book a call.