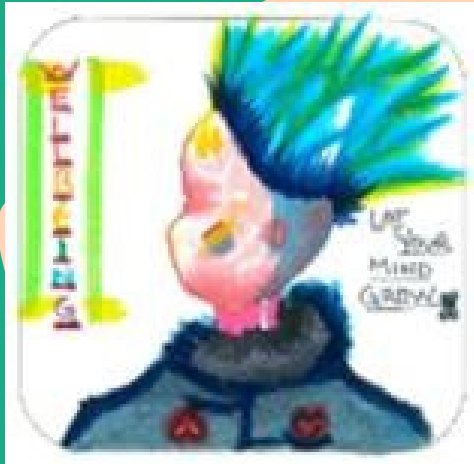


At Wootton Park we believe...



*“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

Your child might have worries about the virus, restrictions in place or their education and school. You can explore these with them and help them to think of ways to manage them or they can speak to someone from school.

## LOOK AT THE POSITIVES

Talk with your child about what they are looking forward to when coming back to school.

Talk about some of the fun times they have had during lockdown.



## 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 a week before they come back to school on the 8th March. Sleep is proven to benefit their concentration and attention.

## UNIFORM

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

## COPING

### STRATEGIES

If your child is feeling stressed about coming back to school you can practise these coping strategies with them 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.
5. Enjoy going for walks or out in your garden when you have a break from home learning.

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](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.