

Transitioning back to school – Junior Students

Notice and name your feelings around returning to school.

- It is OKAY and normal to experience a mix of emotions such as excitement in seeing your friends or having a change of scenery as well as feeling nervous and worried.
- Your friends and family will be starting to return to school and work too, share how you feel. Talk about what you are worried about and what are the things you are looking forward about returning to school.



Things will be a little different.

- Read or ask about communication from school regarding new processes and procedures.
- Reconnect with your friends. Talk about it with them and your family.
- If you have more questions, email your teacher/dean or make an appointment with the school counsellor.
- Discuss and plan any different routines such as how you are getting to and from school.

Look after yourself and your community.

- Everyone at school will be doing what they can to keep you and everyone safe and healthy. Please stay home if you are sick, follow any new processes and use good hygiene practices.

Routine check.

- If you have not already, get your body prepared by returning to usual school-time wake ups, bedtime routines and sleep times.
- Start getting your uniforms/extra-curricular/tools and books ready before Sunday night to prepare for a good night's sleep and relaxing start to the week.

Be kind to yourself.

- If you are feeling tired after school, give yourself some quiet down time.
- Practice some relaxing strategies such as, going for a walk or doing some exercise, writing in a gratitude journal, listening to some music.
- If you feel like some family time or company, hang out in the lounge or kitchen, or ask for it. Your family are probably missing the time with you too!

We are all in this together!

If you need anything at school; your teachers, counsellors, nurse and school staff are here for **you** and welcome your questions and sharing.

He waka eke noa

We are all in this together / We got this, fam!

Taken from: <https://www.psychology.org.au/getmedia/6a3f524c-02c1-4e29-ac16-32a92a204599/20APS-CCN-IS-Transitioning-to-school-P1.pdf> and <https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown>