

## PREPARING FOR MY CHILD'S RETURN TO SCHOOL

### ONE WEEK BEFORE...



Created by Gan Khoon Lay  
from Noun Project

Read and view information sent by the school and Complementary Services to help in the preparation.

Explain the changes that will take place at school. Role-play how this may go. Practice social distancing, play games to estimate what exactly 2m looks like – play inside the house and outside. Find playful ways of having children follow the restrictions of COVID-19.

### DON'T FORGET...

To help the school team provide the best support to your child, please inform the school if someone in your family has been impacted by a loss of a loved one due to or during the time away with COVID-19.

Prepare your child like the beginning of a NEW school year - ensure that your child's belongings heading to school are labeled.

It is important that minimal items travel back and forth between home and school. ONLY send necessary items.

- \*School bag \*Lunch box and water bottle
  - \*Hand sanitizer and tissue (when possible)
  - \*Extra change of clothes (including underwear for younger students)
  - \*Picture of family or pet
- The school will provide further precision.



Created by HeadsOfBirds  
from Noun Project

### THE MORNING OF...



Created by Adrien Coquet  
from Noun Project

Inform your child how they will be travelling to school, with whom both to and from school.  
Inform your child if they will be attending daycare.

Trust the school team to do what is best. They care about your child and the safety of all students.

Trust YOUR decision to send your child back to school.

## A NEW EXPERIENCE AT SCHOOL

### SAME

BUT

### DIFFERENT

When I arrive at school I will be greeted by teachers and staff who care about me and are happy to see me.

My teachers will greet me with a smile, wink, or hello but not with a hug. They will also be standing two metres away from me.

There will be a safe classroom ready to receive me at school.

The classroom will look quite different, with more space and less objects.

I will continue to do some fun activities while in school and may even learn some new games.

There will be many new rules. It might feel like the first day of school, but my teachers will guide me through the changes.

I'm looking forward to seeing and playing with my friends.

To respect social distancing rules, we will all stay or play two metres apart from each other.

The staff and students will work as a team to keep everyone safe. I can do my part by keeping a distance and following all the safety protocols that I practiced at home.



# HOME SWEET HOME

## TIME TO RECONNECT & EXPRESS

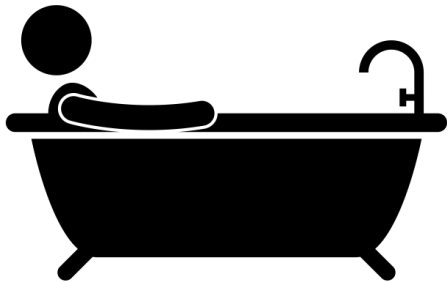
Provide a 'pause' in between school and entering the home.  
Take a moment without the pressure of disinfection.

Get frustration and other emotions out (Ex. Play outside, go for a bike ride, shoot some hoops) before going into the house to help reduce energy and intensity in their system. (It's good for parents also!)



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from Noun Project

## TIME TO RE-SET



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Time to wash up –  
bathe/shower, wash

Disinfect items  
returning from  
school.

Cooking together = fun activity, coming alongside and sharing how the day was experienced. Normalize emotions.

Time for emotional expression.  
Provide opportunities of emotional expression  
(drawing, painting, building, creating, puzzles, legos, etc.)

## TIME TO RELAX



Spend time on  
connection activities to  
help lead towards a calm  
and restful night.

Focus on rest, filling them up with hugs and TLC.

Recommended reading and accompanying activity Invisible String by Patrice Karst available online in English and in French.