Ready to return....

The children have had a long time away from school, even those who have attended in the closure haven’t had such long days or such large groups. September will be different.

To ease your child’s return to school we are asking that you follow the advice below. This will minimise the ‘shock’ and stress of returning to school and ensure that your child is ready to learn. We will be adapting our plans and altering our usual pace but the few simple suggestions below will really help.

**Regular, reasonable bedtime.** At least a fortnight before school returns establish a bedtime routine that you will follow when your child returns to school. Good quality and plentiful rest is key to managing emotions and being ready to learn.

**Time to wake up.** If your child is not getting up and about in the morning it will help if, from about two weeks before school returns, you begin to wake them at the time you will need to for school – you may need to do this in increments.

**Regular mealtimes.** We often eat at more random times and graze when we are at home. Once at school it can seem a long time to lunch time. We recommend adjusting to regular mealtimes in the week before returning to school so that your child has time to adjust. (This was what the children who returned in June found the hardest)

**Ready to write.** Although they have been learning at home they will inevitably do more writing once back at school. The small muscles in their hands will need to get back into practise. ‘My hand aches’ is a common cry in school. To help this we would recommend that those who can do some writing between now and September and that everyone does something like colouring in and drawing on a regular basis just to wake those muscles up and get them working.

**Ready to read.** Ensure your child is reading between now and September. The library has virtual books. Oxford Owl is an on line reading resource for younger children. Reading comics and magazines is also useful. Being read to is also very important as it models what reading should be like and discussion can aid comprehension skills.

**Numbers.** Keep number skills sharp by continuing to practise counting, times tables, playing board games and card games. All of these things will keep your child’s brain active and making connections. Use some of the ideas that have been shared for home learning.