



# Returning to School Safe, Happy and Settled

Information for families in response to the Covid pandemic

Children & Young People's Services



## For parents and carers

Your child returning to school will be a time of significant change for many parents and carers. Many of you will have been at home with your children for an extended period of time, and you may have some questions or worries about the return to school.

You may have concerns about:

- your child settling into a new class, or for some, a new school,
- things that have happened to you recently as a family, including experiences of loss and bereavement,
- disruption to your child's learning,
- catching up with their classmates and making friends again,
- your child's safety, particularly if they have any existing health concerns,
- talking with your child about their feelings on returning to school,
- talking to your child about their feelings and wellbeing.

You may also have concerns yourself about your own health and wellbeing or other worries in the family.

It is important to all school staff that your child arrives back in school feeling safe, happy and settled and they are thinking very carefully about how to do this and will be communicating their plans with you. If you are feeling concerned or there have been significant incidents that might have had an impact on your child, such as a bereavement, they would want to hear from you about this so they are better able to be supportive.

You will also have been doing many things to support your children and over the last couple of months and will probably have lots of memories and thoughts about the things you have been doing together (probably including some successes and some things that may not have gone quite according to plan!).

If you do have any worries or concerns this document has some suggestions and resources that might be helpful.

## Where can I find information about my child's school or nursery?

The school website is likely to have information that will be helpful to you. Some schools will have information specific to the current Covid pandemic.

All schools will have contact information. If you are concerned that should be your starting point.

Durham County Council website <http://www.durham.gov.uk/> and the Local Offer website <http://www.durham.gov.uk/localoffer> have some Covid related items that you might find helpful.

## General Information

There are lots of resources for talking to your children [about the corona virus, such as CBBC](#):

## If your child has a special educational need or disability (SEND)

If you child has SEND and you have any queries related to this, please see County Durham's local offer webpage [www.durham.gov.uk/localoffer](http://www.durham.gov.uk/localoffer). If you have specific concerns about your child going back to school, please talk to their teacher. If after this you still have concerns that have not been resolved please contact SENDIASS.

## Parent carer groups

County Durham has parent-carer groups that offer support, such as [Making Changes Together](#) for Durham and [Rollercoaster](#).

# Your child's wellbeing and mental health

These documents offer information about keeping well, and also useful contacts and sources of information if you are concerned. It can be difficult talking to children and young people about things that are bothering them, sometimes it is hard to find the right words to help. These documents have been developed by a range parents and professionals in County Durham.

## Wellbeing support for children and families



[Mental Health and Emotional Support for Adults in County Durham](#)

## Getting back into the school routines



<https://youngminds.org.uk/blog/tips-for-creating-a-routine-during-self-isolation/?clid=EA1aIQobChMIueWx4ObC6QIVDe3tCh3yBAHQEAAYASA AEglUp D BwE>



<https://www.familiesonline.co.uk/blog/getting-kids-settled-and-routine-ready-for-school>

## Your own health and well being

If you have queries about your own health and well being the following links include a range of local and national support groups that can be of help. They have been developed by DCC and their partners in the Voluntary and Community Sector and DCC Public Health team.



[https://www.durham-scp.org.uk/wp-content/uploads/2020/05/50089-AHS\\_MHES\\_flyer\\_Adults\\_PROOF3.pdf](https://www.durham-scp.org.uk/wp-content/uploads/2020/05/50089-AHS_MHES_flyer_Adults_PROOF3.pdf)



<https://www.wellbeingforlife.net/>



[Voluntary Community Sector - Adult Mental Health and Emotional Wellbeing Support](#)