



BARNET

HELPING CHILDREN BACK TO SCHOOL

(for children in year 6-7)





Going back to school

The Coronavirus pandemic has changed our lives in so many ways.

Lots of children have been away from school, family members and friends for many weeks and it can be tough when you can't do the things that you are used to doing every day.

Some children and parents might be feeling worried about going back to school. It is completely normal to feel like this. It is also important to know that there is support on hand to help you make sense of everything.

Teachers, parents, carers and other professionals like social workers and counsellors are available for you to talk to, however you might find it easier to talk to your friends.



It's time to go back to school

A lot of children in this country have been staying at home to keep themselves and others safe during the pandemic, even though this has been challenging to do at times!

Some children have continued to attend school, some children have enjoyed learning at home while others prefer learning in a classroom so are really excited to go back to school.

Some children might be feeling worried about going back to school.

It's okay to have lots of different feelings.



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A lot has happened since being away from school

Some families may have had sad news during the pandemic, like the loss of someone close. This can be very difficult to cope with.

Some families may have missed birthdays, special family occasions, holidays or maybe just visiting one another. This can cause sad feelings.

The good thing is that lots of families have found ways to stay in touch with the people they care about and have found new ways to come together.

Even communities have come together like on Thursdays when people come to their doors and windows to clap!





Which year groups are returning to school?

Most schools have stayed open during the pandemic and many adults have continued to go to work. If your parent is a keyworker or if you have a social worker, you may have continued to attend school.

Teachers have been working hard and talking to the government to find a way to help children get back to school and now they have agreed on a plan to do this.

Year 1, reception and nursery school children are now back at school. You may have younger brothers and sisters that have started going back to school.

Year 6 also started going back to school on the 1st June as this is an important school year for children, as you will be starting secondary school in September.

On the 15th June, Years 10 and 12 started going back to school as the children in these years will be preparing for their exams or leaving school to go to college.

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Worried ? Support is available if you need it

Coming back to school may be worrying for you or your parents. **Some children find it easy to talk about how they feel while others don't. Either way, it's okay.**

If you need help and support to come back to school, your school will talk to you and your parents to make sure that you feel safe and get the help you need.

If you don't want to talk to your teachers, there are lots of other people you can talk to. Support is available if you need it.

You can also help others who may be worried by being kind and understanding.

Some parents and carers may also feel worried about their children returning to school and there is help and support available for them too.



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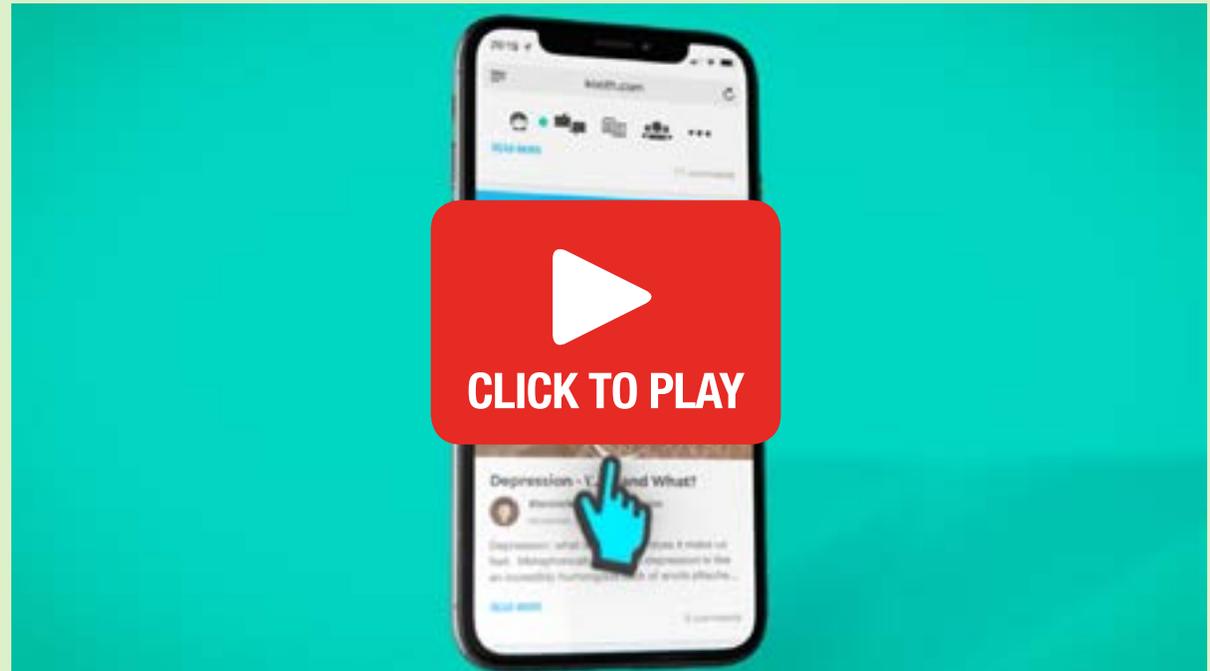
Get in touch if you need help and share what's on your mind

Here are some places you can contact if you want to talk to someone **FREE** of charge. They offer their services **EVERYDAY** of the week at **ANY TIME**, day or night.

[Kooth.com](https://www.kooth.com) - Access free, safe and anonymous support.

Young Minds Crisis - Text message YM to 85258

BEH CAMHS For mental health support, call 0300 0200 500



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What's changed around school?

Your teachers are working really hard to make school as safe as possible and are listening to the government's advice on how to do this.

Some of the things that you might notice are:

- Not all children will come back to school straight away
- School might start and end at different times or you might only attend on certain days of the week
- You might have a mixture of on-line lessons at home and school lessons
- You might only be allowed to go out on break-time with children from your class
- You will have to keep 2 meters between you and other people at school – your school may have moved the desks or put tape on the floor to help you 'socially distance'
- You will need to keep washing your hands

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*We're wishing you
the best of luck
on your return to
school!*



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