



# Returning to secondary school after lockdown

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achieving  
for children



Are you OK  
Kingston?



Are you OK  
Richmond?



# Workshop Overview

**We will look at different aspects of returning to school after this prolonged absence due to Covid-19.**

This will include:

- What will still be the same in school
- What might be different for you now
- Worries you may have about returning
- What you can do to stay positive and help your wellbeing



# What will stay the same?

**Having to get out of bed...on time!**

## **Sleeping habits**

- Practice going to bed around the same time each day
- Practice getting up at the same time each morning ready for school
- Wind down and relax before bedtime.
- No daytime naps!
- If you have trouble getting to sleep try
  - No mobile/TV/digital devices 30 mins before bed
  - Sleep in silence and in the dark
  - Add white noise if it helps



# What will stay the same?

## Preparing for the school day

Check for the following AT LEAST THE EVENING BEFORE:

- Your school clothes are ready to wear
- Your homework has been completed
- You know what time you have to leave home
- Your school bag has been packed with the correct equipment



**Writing a list of all you need to do the next day and ticking them off can really help**



# What might be different?

**Staff at school have been asked to check that your school is safe for you to return:**

Your school might:

- Change your subject teachers
- Change your timetable (e.g. a shorter day or different days)
- Adjust breaks/lunches, you may have different times to others
- Have you socialise with a smaller group of peers
- Check you are washing your hands frequently and may take your temperature at regular intervals
- Ask you to walk to school if you can or ask someone to drive you, if possible.

**These changes are only temporary!**



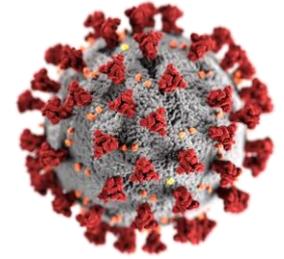
# Some worries you may have about returning to school

- The spread of COVID-19
- Access to your friends
- Understanding the new changes in school
- Not being able to keep up with homework
- Not knowing what to do if you have any worries or concerns

**Remember - these worries are normal to have!**



# Worries about Covid-19?



- Access factual information about Covid-19 e.g. from your school or from NHS direct about the symptoms
- Limit your access to information about Covid-19 on social media or the news (for example not more than once a day).

**Most importantly talk to an adult that you trust about any worries or concerns you may have**



# What can I do to protect myself and others?

- Keep a distance from people who are sick, coughing or sneezing
- Tell an adult if you do not feel well - you may have to stay home.
- Wash your hands thoroughly for 20 seconds - especially if you have coughed, sneezed, been to the bathroom or near food.
- Cough and sneeze into your elbow or tissue
- Try not to touch your mouths, nose and eyes when outside
- Keep your surrounding areas clean.



# Homework worries

If you are worried about the work you were set to complete at home, you can get in touch with your tutor/teachers or speak to them when you return to:

- Find out if there are opportunities to catch up on missed work
- Check if there are any opportunities to go through work that you did not understand
- If you are not sure, it is always good to check. Ask for feedback from your subject teachers or tutor.

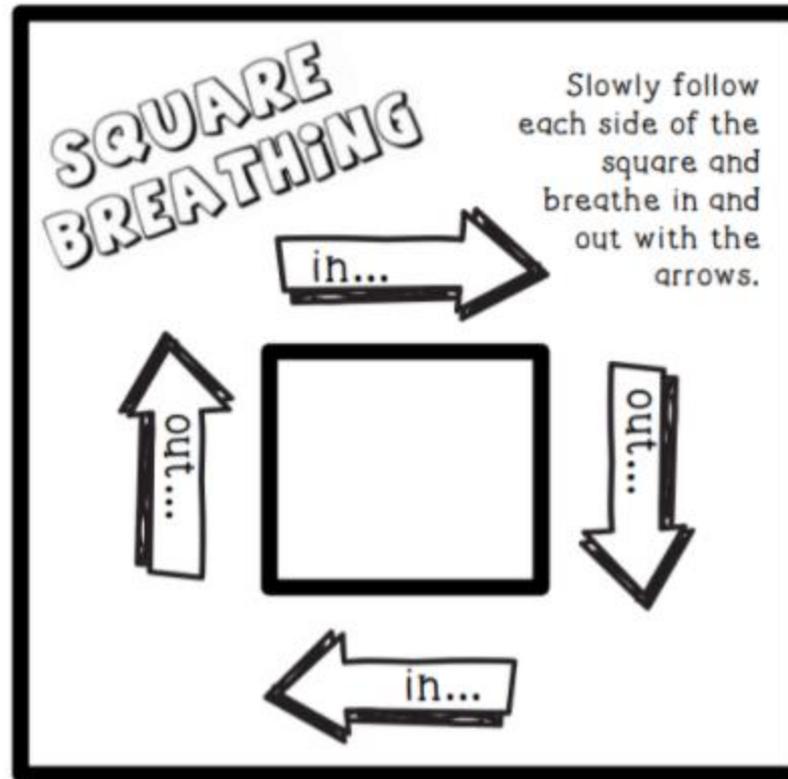


**What else can help me?**

**Are there any strategies you  
already use to relax?**



# Deep Breathing Exercise





# Progressive Muscle Relaxation

<b>&lt; 1,2,3 &gt;</b>	Take <b>3</b> DEEP Breaths
	Squeeze your <b>feet</b> for <b>5</b> seconds RELAX
	Squeeze your <b>legs</b> for <b>5</b> seconds RELAX
	Squeeze your <b>stomach</b> for <b>5</b> seconds RELAX
	Shrug your <b>shoulders</b> for <b>5</b> seconds RELAX
	Squeeze your <b>hands and arms</b> for <b>5</b> seconds RELAX
	Squeeze your <b>whole body</b> for <b>5</b> seconds RELAX
<b>&lt; 1,2,3 &gt;</b>	Take <b>3</b> DEEP Breaths



# Look for the positives!

## **New Talents:**

You have developed various new skills that you can still use...

- Working independently
- Remote working
- Organising your own time
- Building confidence using technology

## **Contacting others:**

You can still talk to a wide range of people (either face to face or online using Zoom/Google Hangouts etc.)

- Parents
- School staff (Teachers, Senco, Safeguarding Lead, Pastoral support, Counsellors, Post 16 Mentors)
- Friends
- Other family members
- Other trusted adults
- And EWP's in schools!



# Other things you can do...

## **Do things you enjoy!**

e.g. reading, listening to music,  
playing with friends, watching a film

## **Get Active!**

Exercise can help you  
feel less anxious

**Talk to someone you trust if  
you are unsure of anything!**



# Overall just remember to...

- **Get back into a good routine**  
Importance of routine, preparation and sleeping habits
- **Look out for changes you may need to make**  
Hygiene practices, timetables, and social distancing.
- **Get the facts about Covid-19 and protect yourself and others**  
From trusted sources and limit to once a day
- **Remember to relax, do fun activities, keep active and connect with others**

**Most importantly - if you have any concerns or worries talk to a trusted adult or friend about it.**



# Need more support?

You can:

- Speak to the Mental Health Lead at your school
- Speak to your tutor or teacher
- Speak to your parent or carer

Or you can contact:

[Young Minds](#)

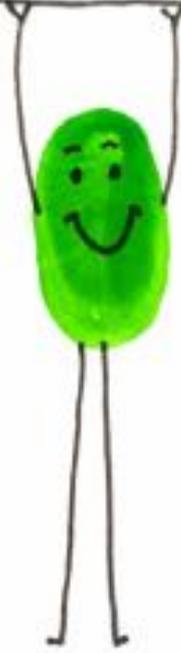
[ChildLine](#)

[Kooth](#) for Online Counselling

[Good Thinking](#) (NHS approved)



THANK YOU



# Resources

General lockdown tips	<a href="https://www.bbc.co.uk/bitesize/articles/zdf72sg">https://www.bbc.co.uk/bitesize/articles/zdf72sg</a>
Improve your wellbeing	<a href="https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/">https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/</a>
Sleep during Covid-19	<a href="https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation">https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation</a>