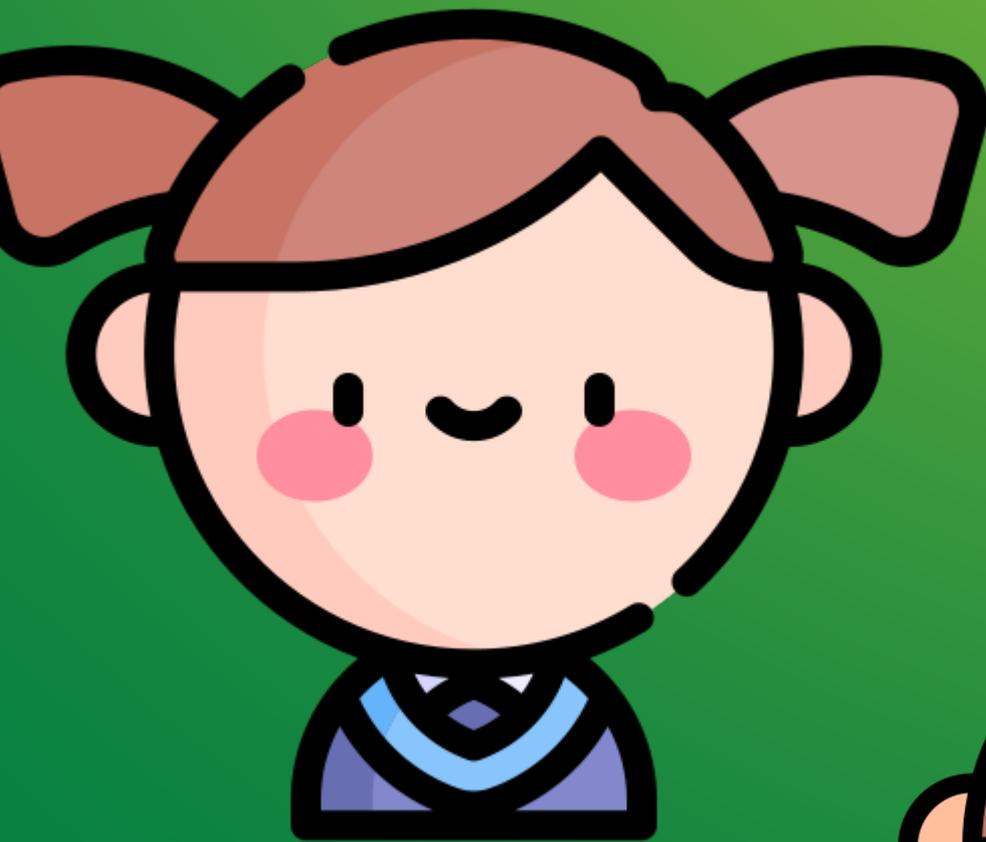


# Going back to school guide



# Going back to school

Life has been really different recently because of coronavirus. Lots of children stopped going into school and we had to spend more time at home.

But after the summer holidays, all children in England will be going back to school. This is because children are at very low risk of becoming ill from coronavirus

We have spoken to lots of you about how you feel about going back to school.

Some of you went back to school before the holidays, so you already know what it's like.

For those who stayed at home, we know that some of you are feeling excited but also a little bit nervous.

It's totally normal to feel like that.

When you go back to school, some things will be the same, and some things will be different.

## In this guide we will:

tell you some of the changes you might see when you go back to school

give you some tips on how to cope if you're feeling worried or nervous

## Is it safe to go to school?

Children are at very low risk of becoming ill from coronavirus.

Coronavirus hasn't gone away completely, but because we all stayed at home there is a lot less of it around at the moment.

This means that the Government has decided it is safe for all children to go back to school.

But to make sure it is as safe as possible, there will be some changes to school life.

## What will it be like at school?

Not every school will do the same thing. Your school should tell you what will be the same and what will be different, and if they don't, it's OK to ask them.

## Getting used to being back at school

You might be excited to see your friends again, but some of you might find that when you get to school you miss your mum / dad / carers a bit more than you expected. That's totally OK.

Add that to the changes you're seeing at school and things might feel a bit much to start off with.

But give yourself some time and you'll soon get used to the changes.

## Will I have to wear a mask?

At the moment, the Government is saying children and teachers don't have to wear masks in schools. There may be some times when teachers do wear masks, but in general, they are not required.

You might have to wear a mask to and from school if you are aged 11 or older. We'll tell you more about this later on.



## How things might be different

1

### Start time

You might be asked to start school at a different time than you are used to. This is to help keep people apart as much as possible.

2

### Hand washing

You will be asked to wash your hands regularly. This includes when you arrive, when you return from breaks, when you change room and before and after eating.

3

### Who you hang out with

One way to reduce the risk of people passing on the virus is to limit who you come into contact with.

You may be put into groups or 'bubbles' and you will not be able to mix with people who are not in your group. Depending on your school, this group might be your class, or even your whole year group. You will probably have your breaks and lunch at different times.

The older you are the more likely you will be asked to keep your distance from other people in your group.

4

### In your classroom

You might find some of your class sizes are smaller.

In the classroom, your school might change the desk layout so that you are all facing forward or there is more space between desks.

There may be some games, toys and equipment that you can't use.

5

### Getting around

There may be a one-way system to move around the school.

## Getting to and from school

The Government is asking everyone who can walk or cycle to school to do so.

If you do get a bus that is for school children only and you do not mix with the public, your school should try and arrange for you to travel with people in your group or bubble. You don't have to socially distance, but if you can, you should.

You will have to use hand sanitizer before and after your journey.

If you are aged 11 or older and you are mixing with people outside your group or people who you don't normally meet, you might be asked to wear a face mask, just like you have to when you go into a shop.

If you take a bus or a train that also carries people who don't go to your school, you should try to stay 2 meters away from other passengers and wear a mask if you are aged 11 or older.

## Catching up on work you have missed

A lot of children are worried about catching up on they have missed while they have been at home.

Remember that many of your friends will be feeling the same, and that most other children were also out of school for six months.

The Government has given schools some money to help children catch up, and you can ask your Mum, Dad or carer to ask your school what support is available if you are feeling worried.



## How to cope if you are feeling worried

Let's find out how you're feeling

**Write down all the things you're excited about here:**



**And write down all the things you are worried about here:**



You can show what you have written to an adult you trust (like your mum / dad / carer) and they can talk about it with you.

Sometimes we worry about something new because we don't know what it will be like. When we get there it isn't anywhere near as bad as we thought it was going to be. And all that worry was for nothing!

A good tip is to be prepared. Ask your school to give you as much information as they can about what changes there will be. You can spend some time thinking about this and getting used to the idea so that when your school welcomes you back, it isn't a total shock.

## Who to talk to

If you have a school counsellor they are there to listen to you and support you.

Child line offers online and telephone support

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111

## Some tips on hygiene

### We all need to wash our hands often

Click or tap the video below which shows you how to wash your hands properly.



### Catch it! Bin it! Kill it!

When we cough or sneeze we can pass on infections.

We can reduce the risk by coughing or sneezing into a tissue, putting it in the bin and then washing our hands thoroughly.



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