

William Martin CofE Schools and Nursery

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Monday 1st March 2021

Dear Parents,

Now that we all know that the children are coming back on March 8th, I thought some of you might find some back to school advice helpful for supporting your children's return, from the NSPCC:

To help transition back:

- Have conversations with your child about what going back to school might look like. They may be worried about covid rules and restrictions so remind them all the rules and restrictions we have in place to keep them safe.
- Ask your child what they're looking forward to about going back to school as some of these things might not happen straight away so will help you manage their expectations.
- Show your child a calendar and look at how many days there are until they go back to school. Think about ways to get ready together. If your child takes their lunch to school, think about ways to make a special lunch for the first day - you could include a favourite snack or a note or drawing.
- Readjust bed times the week before they go back, to get into a healthy routine.



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There are lots of reasons why a child might be worried or anxious about going back to school. They may be nervous about the changes they'll face. They be worried about being with lots of children again and that they will miss home.

Whatever their worry, it's important to talk to your child and let them know you're listening.

- Encourage your child to talk to you or another trusted adult about how they're feeling. Remember, this doesn't always have to be face-to-face - they might find it easier writing their thoughts down.
- For younger children, play can be a great way to help them talk about their worries or give them a good distraction when they're upset.
- You might notice some changes in your children's behaviour. Younger children may start thumb sucking or bedwetting and older children may have mood swings and be irritable. You might also notice changes in appetite or sleep patterns. These can be ways your child is experiencing stress. It takes time to adjust to change and children may need lots of support and reassurance to help them through it.
- Rolling news and social media can cause a lot of anxiety. Remind children of the facts and explain what false or sensationalised information is. It's important to allow your children to ask questions about the things they see online. And if you don't know the answer, letting them know that some things aren't certain or known yet is okay.
- Go to the school's [Children's Well-being page](#), it's got lots of relaxing activities to help calm your child and ease their anxiety or watch the video of "The Invisible String" which reminds them that they can keep the connection.

Other Support Services for Families:

- The Essex Wellbeing Service has developed a navigator service to both signpost and provide a triage service depending on the needs of your pupils and their families.
 - o To access the [Essex Wellbeing Service](#) navigators, phone number: 0300 303 9988
 - o This is accessible from the 8th March 2021.
 - o Families can use this directly, or request support from school/setting staff.
- Recovery and Return to Educational Settings suite of resources has two further webinars for families:



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- o Part 1: [Looking after yourself](#) (28mins)
 - o Part 2: [Looking after your family](#) (39mins)
 - o Essex Local Offer: [Coronavirus support wellbeing and mental health](#)
- The Essential Living Fund is available for families who need emergency help with heating, water, food, bills and other essential household items. Families can call 0300 7900 124 (8:45am-5:00pm). www.southend.gov.uk/ELFforessex

If you need any further advice or support for your child's transition back to school please contact the School Office on 01279 424122 or email admin.williammartin@dcvst.org and a member of the pastoral team/ teaching staff will contact you.

Very best wishes,

Gina Bailey

Executive Headteacher

