

Welcome
back to
school





The most important thing is to establish or re-establish a positive relationship for your Young Person and their school.



It is only when your child feels safe and connected at school that learning will be able to happen.



Don't stress about your child "catching up". This will happen over time.

Connection
before Content

Change is
challenging

We know change is challenging for many of our Young People

Going back to school or back to your regular class is another change and you might see escalated behaviours or emotional hick ups as a result

Talk to your
child's Teacher
or Contact
Person before
going back

Some questions to ask

Will my child have the same teacher/s?

Are there any other changes to the
classroom/s?

What will morning tea and lunch time
look like?

Talk to your child's Teacher or Contact Person before going back

Some more things to talk about

Make sure the school knows the contact details of people who can help and what their roles are e.g. Carers-LWB Case Manager-LWB Supporter of Carers

Talk about any changes you might have seen in your child – behaviour, learning etc

Remind the school that coming back to school is another change for your child and that this can be challenging – be prepared for some escalations.

Talk about strategies that have been working for your child

Talk about what strategies might work at school for your child



Organise a time for a weekly check in (or daily if needed) with your child's Teacher or Contact person in the school



If you need help talking to your school let us know – we are happy to help

Organise a
time for a
weekly check
in

Make sure you know the new pick up and drop off routines



THERE WILL BE NEW WAYS OF DOING THINGS AT YOUR CHILD'S SCHOOL TO KEEP EVERYBODY SAFE AND HEALTHY.



MAKE SURE YOU KNOW WHAT THE CHANGES ARE ESPECIALLY HOW TO PICK UP AND DROP OFF YOUR CHILD TO SCHOOL



ALLOW FOR EXTRA TIME TO DO THIS AS IT WILL PROBABLY TAKE LONGER



TALK TO YOUR CHILD ABOUT THESE CHANGES

Consistent Predictable Routine

All Young People do better when they know what to expect

- Re-establish evening and morning routines before the start of the new school week
- Be prepared (pack the school bag the night before)
- Plan and pack healthy school lunch and snacks with your child
- Problem Solve with your child
 - Listen to the young person's concerns and develop support strategies
 - For example, "If (xxxxxx) happens, what could you do?" or "Let's think of some ways you could handle that situation."

Get things ready – Involve your child in this as much as possible

Checklist

Getting Up Routine

Get Up
Shower
Breakfast

Make sure you and your child know the **drop off routine**

Get all your learning materials together and **pack you bag**




Ask your teacher for a **daily plan** which you can share with your Young Person the day before so they know what to expect

Problem solve for if things go wrong e.g. if your child starts to feel anxious what can they do

Create a **care plan** with your child and Teacher (see attached)


If you need help **setting these things up** let us know

Make this plan together with your child and school


I'm OK Plan for		Date:
This plan helps me to be ok and stay calm.		
I get angry  or frustrated or worried  when these things happen		
When I get angry or frustrated or worried I might		
My physical response is often (I feel this in my body)		
Some things I can do to help myself de-escalate (be calm) are		
Some things a worker can do to help me de-escalate are		
 I know I am calm when I look and feel like this		
I'm going to review this plan on		

Be patient
Be kind
Be realistic

Every Young Person is going to feel differently about going back to school. There is no right or wrong way to feel and most children will have a mix of reactions. We will need to respond to each of their reactions with care



Some Young People will be excited to be going back to school (Yay!)



Some Young People will be anxious (Understandable)



Some Young People may even be refusing to go back (You might need some help from school and LWB to support a safe transition back)

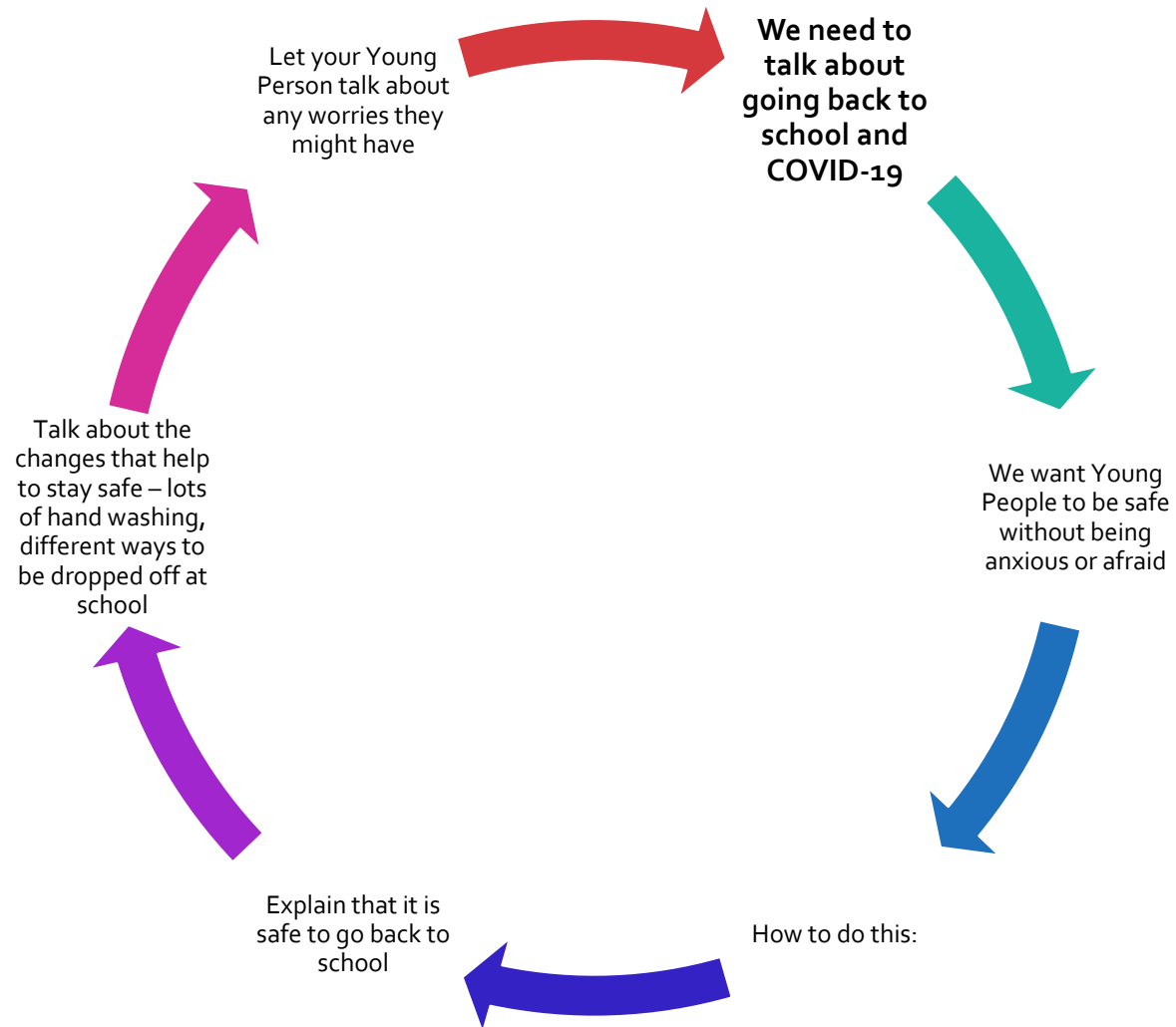
Celebrate your
last few weeks
and get ready
for the next bit!

One thing we can do to prepare our Young People is to talk about the last few weeks e.g.

- What is one thing we did at home that was fun?
- What was one thing you missed about not going to school?

Then we can talk about going back to school e.g.

- What is one thing that you are looking forward to?
- Is there anything that worries you?
- What is something fun we can do when you come home from school?



Coronavirus is still happening and our Young People know this.

A video that helps explain Coronavirus for Children

- https://www.youtube.com/watch?v=k3mn_42dAmk&feature=youtu.be&rel=0
- We have also attached a story book from the Australian Childhood Foundation you can read to your child.

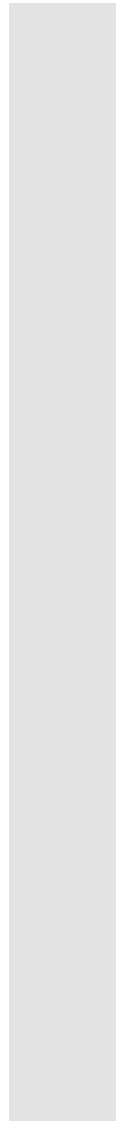
Talk about good hygiene habits for COVID-19

Reinforce good prevention habits

- Young People who are unwell must not attend school
- Cover your mouth when coughing or sneezing – cough into your elbow
- Regular hand washing for at least 20 seconds, especially before eating, after blowing your nose, coughing or sneezing



Talk about social distancing

- Social distancing is still a requirement
 - Make sure you know what the school is doing about social distancing and talk to your child about this
 - Carers must not gather in and around school grounds, car parks, school gates and outside classrooms
 - Discourage teens from congregating in other public places before and after school
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Every State and Territory is going back to school in different ways and times

Each State and Territory has different ways of going back to school (partly because of differences in the number of coronavirus cases)

You can check on your Education Department's website on what is happening for your state or **just ring your school to be sure.**

You can also ask your Case Manager, Supporter of Carers, Youth Worker or Education Consultant for information on this.

State and
Territory links
for Learning at
Home
information (in
case you are
still doing this)

<https://education.qld.gov.au/curriculum/learning-at-home>

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home>

<https://www.education.act.gov.au/schooling/learning-resource-library>

<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx>

<https://www.education.sa.gov.au/parenting-and-child-care/child-care/services-and-programs/learning-together-home-program>

<https://www.education.wa.edu.au/learning-at-home>

<https://nt.gov.au/learning/learning-together>

<https://www.education.tas.gov.au/learning-at-home/>