



Dear Sytchampton families

After the announcement that schools will return on 8th March, I'm sure you are feeling a mixture of relief, anxiety and apprehension as a parent/carer and on behalf of your child.

As a school we all want to reassure you that your child's wellbeing and happiness is our number 1 priority. We have lots of activities planned across the school to help get your children excited and happy about returning to school.

Here are some resources and useful links to help support your child's transition back into school.

In the school entrance there will also be resources and activities available for you to do at home with your child. We will also be focusing on easing any back to school worries on Wellbeing Wednesday next week too.

Follow this link and have a look at some amazing resources to help your child cope with returning to school.

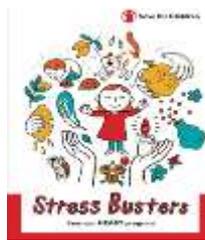
<https://www.barnardos.org.uk/support-hub/back-to-school>



<https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf>



<https://www.savethechildren.org.uk/content/dam/usa/reports/emergency-response/stress-busters-from-our-heart-program.pdf>



<https://www.mentallyhealthyschools.org.uk/media/2003/emotional-check-in.pdf>



<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>



<https://www.mentallyhealthyschools.org.uk/media/2005/sentence-starters.pdf>

