

# Returning to school

Coming back when you've been away from school for a long time can be difficult, and for some even frightening. Don't worry we all feel this way, but there are ways we can help ourselves, or get help from others.

## Together we can show:

**Resilience** by sticking with it. Its going to be challenging getting back into a routine. Don't give up, we will get there together.

**Resourcefulness** by being prepared for coming back to school. Complete work set on home learning, or seek support if you are having problems accessing or completing work.

**Reflectiveness** by thinking about how the lockdown has affected not only you but the others around you, other students and staff in school.

**Reciprocity** by working with everyone in school, supporting one another, especially while we begin to understand what the new normal is.

**Respect** by remembering everyone has had very different lockdown experiences, some they may have lost love ones, and coming back to school will be difficult. Be empathetic to others.

- ✓ The first thing is to recognise anything you are worried about, and think about who you can get to help you conquer these and what action you are going to take.

Some students have shared the things they are worried about when returning to school – these are on the next page. Highlight which worries are yours, then look who could help you. Remember everyone at school is here to help, along with many other sources of supports.

## Where to get help in school:

- ✓ [www.chaucer.sheffield.sch.uk](http://www.chaucer.sheffield.sch.uk) - Use the resources to support emotional wellbeing on the schools website.



CORONAVIRUS  
CHANGING YOUR  
BEHAVIOUR  
CHANGING YOUR  
EMOTIONS

CORONAVIRUS  
COPING  
WITH  
SELF-ISOLATION

TALKING TO  
YOUR CHILD  
ABOUT  
CORONAVIRUS

CORONAVIRUS  
ADDRESSING THE  
CHALLENGES  
OF HOME  
SCHOOLING

CORONAVIRUS  
COPING WITH  
BOREDOM  
DURING  
LOCKDOWN

CORONAVIRUS  
FEELINGS OF  
GRIEF DUE TO  
LOCKDOWN

CORONAVIRUS  
THE IMPORTANCE  
OF MAINTAINING  
STRUCTURE IN  
OUR LIVES

CORONAVIRUS  
COPING WITH  
CHANGE

And many more

- ✓ Speak to a member of staff – this could be your tutor or someone else in school. To email a teacher all you need is the first initial of your teacher and their surname e.g. rnichols followed by @chaucer.sheffield.sch.uk

## Where to get help outside of school:

- ✓ <https://www.kooth.com/> - **Kooth** free, safe and anonymous online support for young people
- ✓ <https://www.mymind.org.uk/> - **MyMind** website also has a fantastic range of information on positive mental health and where to find support.

<https://www.camhs-resources.co.uk/> - **Mental Health and**

**Wellbeing = CAMHS** have put together a set of resources which are designed for students and parents if they are experiencing stress, anxiety or other mental health challenges. Young people aged 12-18 living in Sheffield can now access support over the phone by calling 0808 275 8892 Monday to Sunday 9am-9pm

## Where to get help dealing with losing someone you love:

- ✓ <https://www.cruse.org.uk/> - **Cruse** offer support, advice and information to children, young people and adults when someone dies.
- ✓ <https://www.winstonswish.org/> - **Winston's Wish** is the UK's childhood bereavement charity.
- ✓ <https://www.griefencounter.org.uk/> **Grief Encounter** is a Child Bereavement Charity

Worry or problem	Who could help	Advice on over coming
<p><b>I've fallen out with people over social media/texts etc</b></p>		<p>Many people will have fallen out with friends and/or family during the lockdown, but we can move on from this.</p> <p><b>You could</b></p> <ul style="list-style-type: none"> <li>✓ Ask someone else to talk to your form teacher for you if you don't want to do it yourself.</li> <li>✓ 'Offer an olive branch' to the person you have fallen out with before the start of school.</li> <li>✓ Arrange to meet another friend on the first day back.</li> <li>✓ Remain calm, offer an apology or forgiveness as there are probably bigger things to worry about if the world – put this issue into perspective.</li> </ul>
<p><b>I don't want to leave the house</b></p>		<p>Start working on this now so when you come back it won't be such a worry</p> <p><b>You could</b></p> <ul style="list-style-type: none"> <li>✓ Take short trips out, walk for 10 minutes, 20 minutes, then 30 minutes etc,</li> <li>✓ Take trips out in the car, then to the park, a garden centre,</li> <li>✓ Meet family and friends at a safe distance</li> </ul>
<p><b>I don't want to leave my family</b></p>		<p>Remember families are bound together and these bonds come from the tiny things we do for each other, and our love and care for each other. We have to take positive risks in life to make us grow</p> <p><b>You need to</b></p> <ul style="list-style-type: none"> <li>✓ Think of the consequences of taking a positive risk, e.g. improving your prospects of getting a good job, independence, holidays, making friends etc.</li> <li>✓ Think about all the things you will be able to talk about once you've started spending time back in school.</li> </ul>
<p><b>I need a haircut! (Or I've been given a horrific haircut)</b></p>		<p>I think you'll find a lot of us are in the same boat – we might not look our best and we need to be able to laugh about that rather than get insecure. Most people care more about what 'they' look like to bother thinking about what 'you' look like.</p>
<p><b>I don't like change</b></p>		<p>A lot of people feel this way and change can be over-whelming; know that change happens, has to happen, and will happen. However, you can adapt to it by controlling the small things such as:</p> <ul style="list-style-type: none"> <li>✓ I 'have' to go to school, but I can control when I pack my bag, if I have a bath or a shower, which people I speak to, whether I will have a positive outlook, who I will help on the first day back etc.</li> </ul> <p><b>You could</b></p> <ul style="list-style-type: none"> <li>✓ Write yourself a list of events for the first day – 1) get up at ___ am 2) get washed and dressed, 3) eat breakfast etc then tick them off as you do them.</li> </ul>
<p><b>I prefer home learning. Everything is too overwhelming at school</b></p>		<p>Some people will have hated home learning, but others will have loved it. Either way there will be things you have missed out on – practical experiments, team sports, performing, asking questions, making other people laugh, teachers' praise, choosing your own snacks at break time.</p> <p><b>You could</b></p> <ul style="list-style-type: none"> <li>✓ make a list of the fine details that you have missed and focus on them.</li> </ul>
<p><b>I might get ill</b></p>		<p>This is a tough one, people do get ill, but they also get ill when we aren't in school too. We reduce this risk by following government guidelines on hygiene and social distancing</p> <p><b>You need to</b></p> <ul style="list-style-type: none"> <li>✓ Make sure you know what these are before returning to school,</li> <li>✓ Remember to wash your hands and follow all guidelines as this will help you and others stay safe.</li> </ul>

Worry or problem	Who could help	Advice on over coming
<p><b>I've been feeling very down lately</b></p>		<p>These feelings can be over-whelming too, but luckily there are a lot of ways to cope with them.</p> <p><b>You could:</b></p> <ul style="list-style-type: none"> <li>✓ Talking to someone about your feelings (even if they don't have any 'answers') is often the place to start.</li> <li>✓ Take control - Don't run from your feelings, tackle them head on. You will probably need support. There is advice on different support at the start of this document</li> </ul>
<p><b>I think I'm behind on the work</b></p>		<p>You are certainly not alone on this one, some students will not have been able to work at a computer for 5 hours a day, some will have been ill or too upset to work to their usual standard. Teachers know this and will understand, they will want to welcome you back into school life, not shout at you.</p> <p><b>You could:</b></p> <ul style="list-style-type: none"> <li>✓ Putting a plan together with your form teacher or subject staff, will help to get you back on track.</li> <li>✓ Focus on what you have achieved during lock down.</li> <li>✓ Ask a parent/carer to tell your teachers if you are a little shy.</li> </ul>
<p><b>I've been ill and don't feel 100% I'm not used to all the walking anymore. I'm exhausted</b></p>		<p>Another concern where you won't be alone. Have a look at the advice above,</p> <p><b>You could:</b></p> <ul style="list-style-type: none"> <li>✓ Make sure a member of staff knows you're feeling this way. You could tell them or get someone at home to.</li> </ul> <p>Teachers will not expect you to catch up overnight – Year Leaders can help stagger the workload and inform staff that you might need small breaks and to work at a slower speed. When you are back in school you won't have to walk about much, as the rooms you will be using will be in a designated area of school.</p>
<p><b>Everyone's pretending everything is normal – it's not normal!</b></p>		<p>Anxiety about what is happening in the world is to be expected, and this is something even adults are worried about. People are coping with it in different ways, whether or not they have been directly affected by it. Some use humour as a way to cope and don't mean any disrespect by it. Some people just want to be back in school, work hard, and forget about it for a while. Others will need some support to come to terms with their feelings. All of these reactions are normal – if you need support please do reach out and ask.</p>
<p><b>I'm not used to getting up so early anymore and all the things I have to do</b></p>		<p>It's hard for everyone when we need to get back into a routine. This will not just be for school routines; it will also be for those basic daily life routines, such as sleep and getting up. This is something a lot of people struggle with every time we have a big holiday. We will need to re-learn the rhythm of the school – but we will be doing this together and we will find our new normal.</p> <p><b>You could:</b></p> <ul style="list-style-type: none"> <li>✓ Start setting an alarm to help you get used to waking up earlier. This could be gradual until its waking you up at the time you need to get up for school</li> </ul>
<p><b>My parent/carer is a keyworker. these other students don't understand what it feels like</b></p>		<p>There will be big differences for those of you who have and have not been on the school site during the lockdown. It would be wrong to assume that those who have been in school are OK. There may be a feeling, for the students who have stayed in school, that school is their safe place and as others return to school, they are intruding on it.</p> <p><b>You could:</b></p> <ul style="list-style-type: none"> <li>✓ Talk to someone in school about how your feeling – they might be able to support you by working with others to help them understand what lockdown life has been like for keyworker families</li> </ul>

Worry or problem	Who could help	Advice on over coming
<b>I've lost a family member or friend</b>		<p>This is one of the most difficult outcome of the pandemic. It is really important that we recognise this, and take time to mark and celebrate the lives of the people we loose.</p> <p><b>You could:</b></p> <ul style="list-style-type: none"> <li>✓ Talk to someone in school about the person you've lost. Your teachers wont be able to make the pain of loosing someone go away, but talking about your feelings or sharing stories about loved ones helps.</li> <li>✓ Look at the support links at the start of this document</li> </ul>
<b>My uniform doesn't fit</b>		<p>This is something lots of students will be worried about! Where your blazer does not fit, don't worry, you won't be expected to wear it for the first half term to give you chance to get a new one ordered.</p> <p><b>You should:</b></p> <ul style="list-style-type: none"> <li>✓ Wear the rest of your uniform.</li> <li>✓ Order a new blazer from school as soon as you can.</li> </ul>

Year Leader contact emails – In September

- ✓ Y7 Year Leader – [rayres@chaucer.sheffield.sch.uk](mailto:rayres@chaucer.sheffield.sch.uk)
- ✓ Y8 Year Leader – [nichols@chaucer.sheffield.sch.uk](mailto:nichols@chaucer.sheffield.sch.uk)
- ✓ Y9 year Leader – [ypenney@chaucer.sheffield.sch.uk](mailto:ypenney@chaucer.sheffield.sch.uk)
- ✓ Y10 Year Leader – [mwright@chaucer.sheffield.sch.uk](mailto:mwright@chaucer.sheffield.sch.uk)
- ✓ Y11 Year Leader – [mmaddison@chaucer.sheffield.sch.uk](mailto:mmaddison@chaucer.sheffield.sch.uk)

General enquiries

Main school office  
Telephone: 01 14 2322338

Email: [enquiries@chaucer.sheffield.sch.uk](mailto:enquiries@chaucer.sheffield.sch.uk)

Website: [www.chaucer.sheffield.sch.uk](http://www.chaucer.sheffield.sch.uk)

Facebook: @chaucerschool