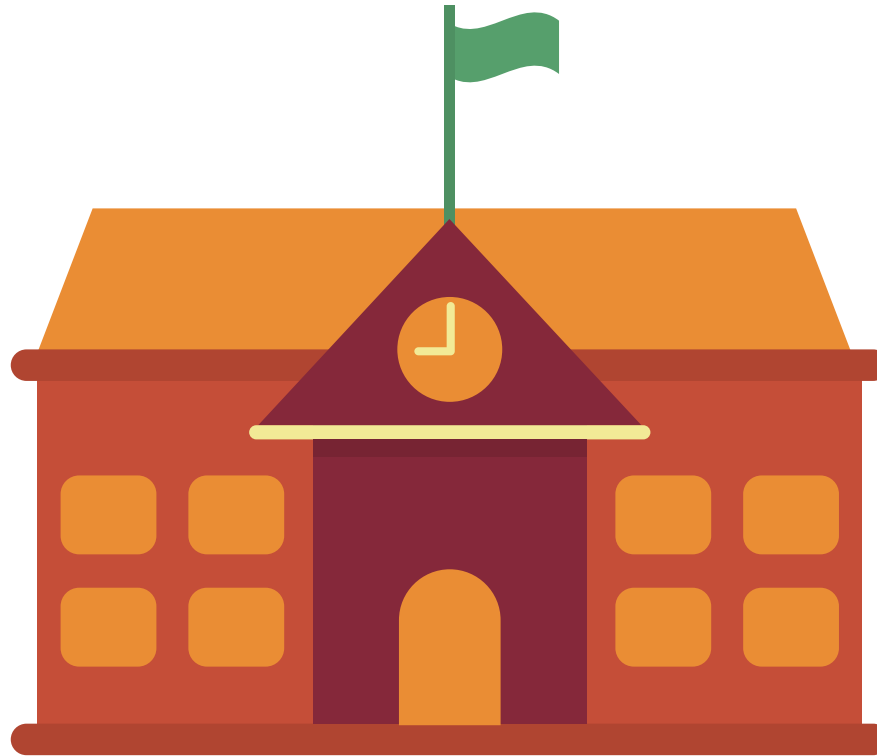


Going Back-to-School After Lockdown

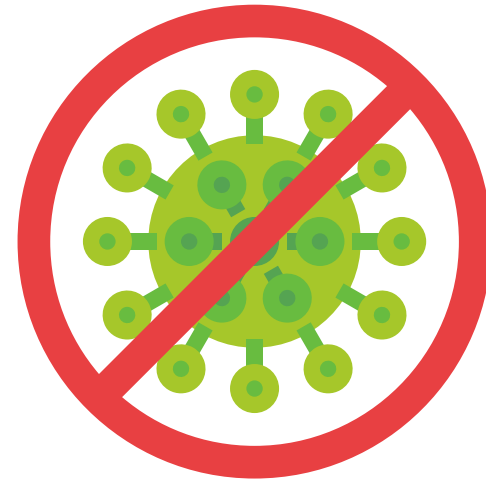


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Your school has been closed for a few months because of coronavirus and you have been learning at home.



We were in lockdown and stayed home to slow the spread of COVID 19 in the community.

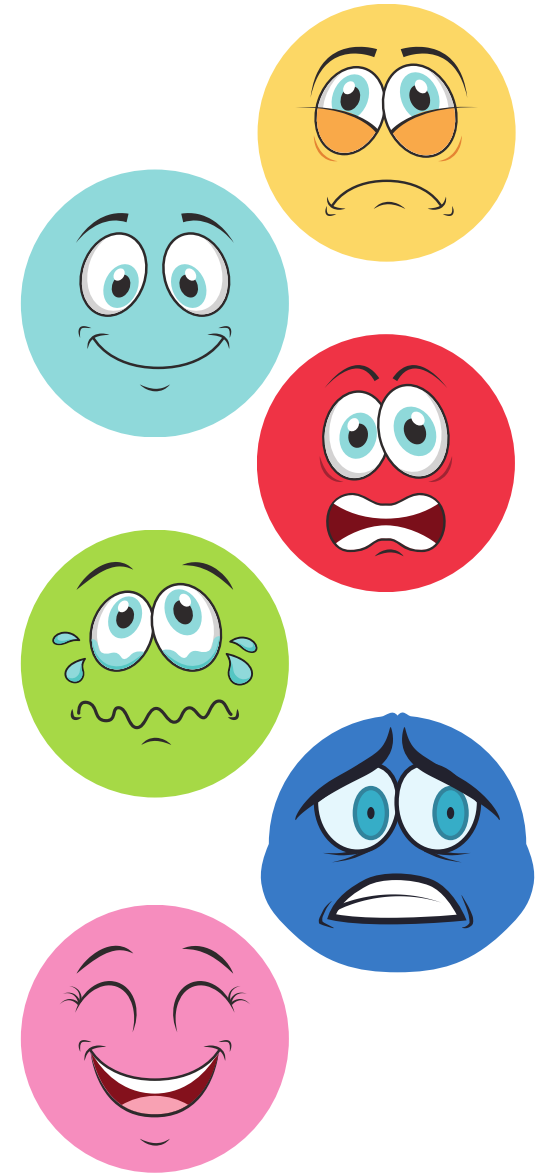


School and doctors say it is okay to go back to school now! Enough people have been vaccinated against COVID 19, which means things can start opening up.

You might have different feelings about going back to school...

- You may have missed your friends and teachers and you are feeling excited.
- You may have really loved being at home with your family and might be feeling sad.
- You might be feeling worried or confused, as it has been a while since you have been at school.
- You might feel a mixture of lots of feelings.

All your feelings are okay to feel. Talk to you family about how you feel .

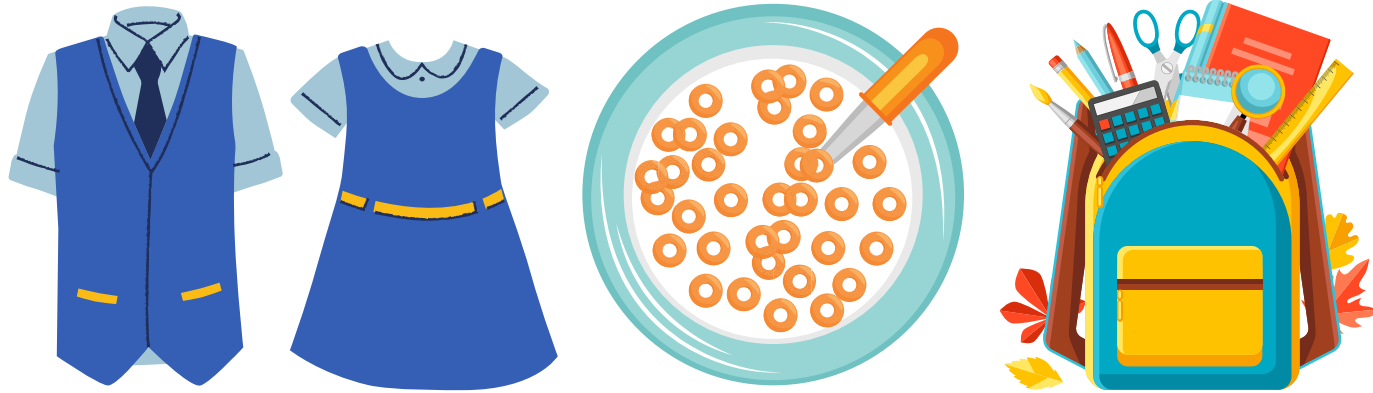


It is normal and expected to feel sad or worried on your first day back. Lots of kids will be feeling the same. Being back at school is a change, and it will take time to get used to being at school again. Your teachers will help you.

You can take deep breaths, talk to a grown up and know that it will get easier each day, as you get used to being at school again.

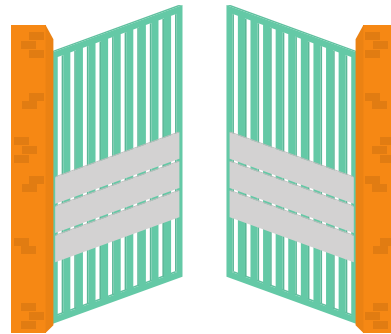


Some things will be the same when you go back to school.
You will get up early, put on your school uniform, eat
breakfast, and get your backpack ready.



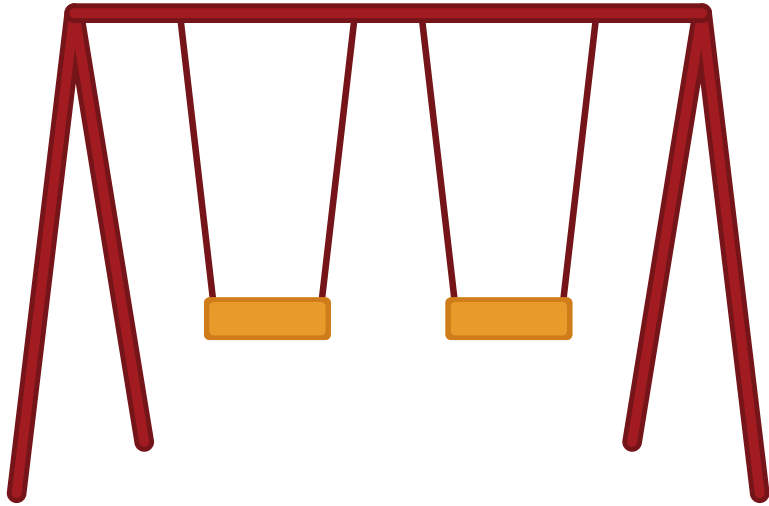
Some things will be different when you go back to school.
Your family and teacher will tell you about the different or
new rules to stay healthy and safe at school.

Getting dropped off at school may be different. Kids will get dropped off at different times or at different entrances. This is to make sure there are not too many people gathering in one place .



You may get dropped off at the school gate .
For now, mums, dads, grandparents and friends cannot come into school.

At first, students will attend part time. This means some days will be home learning and other days will be at school. Your parents will tell you which days you start back. After a few weeks, you will go to school every day.

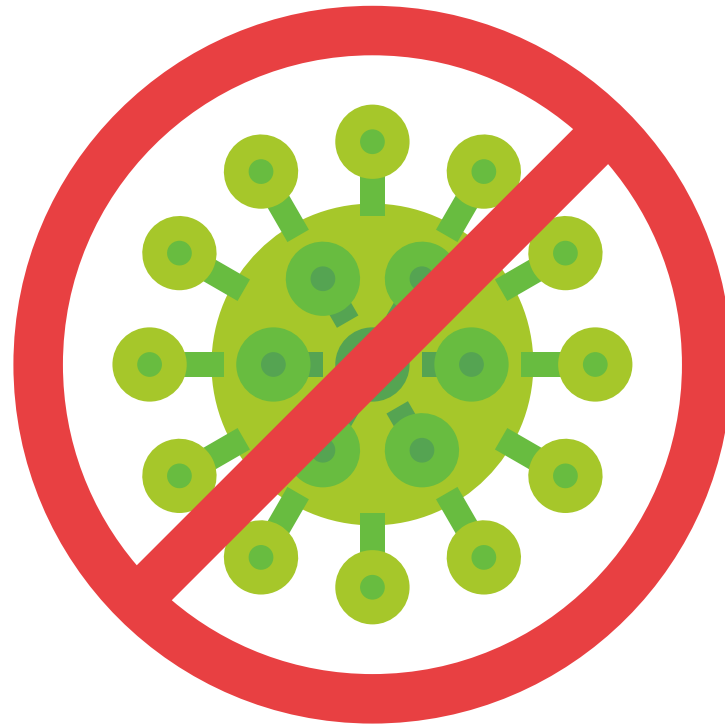


Playtime might be different. There might not be as many kids in the playground. Sometimes your friends might not be at school because they are sick. If you have a runny nose or cough you need to stay home.

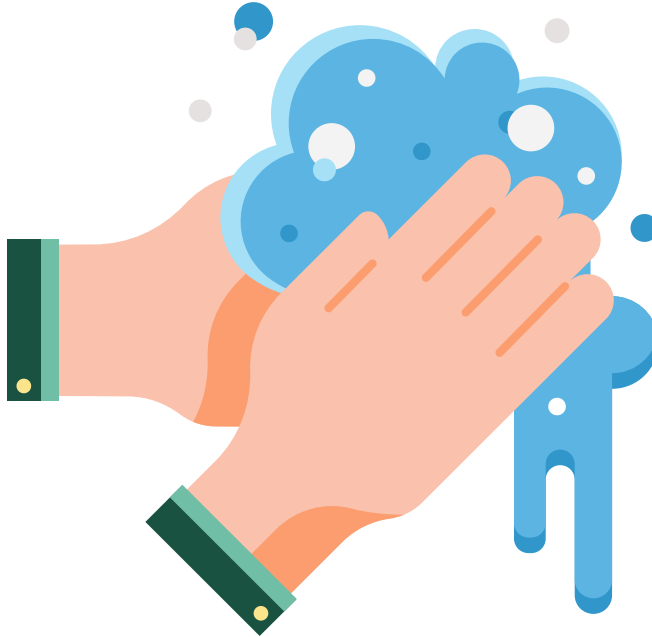
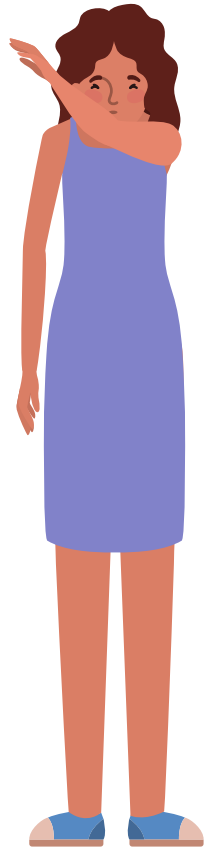
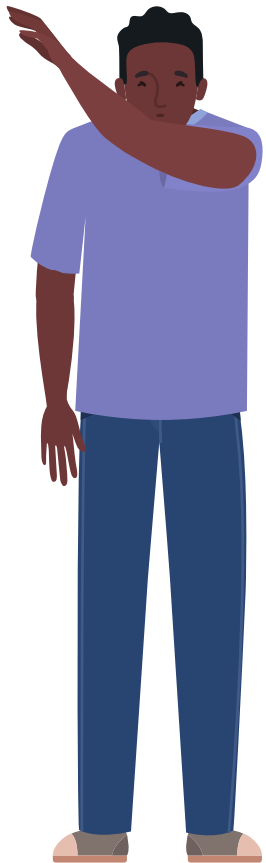
Some teachers might be wearing masks and gloves. Some children might wear a mask too.



You will have to wash your hands and use hand sanitiser to make sure germs do not get on your hands.



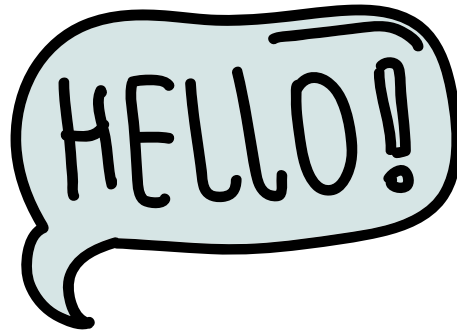
If you don't have a mask and you need to cough, you should cough into your elbow or a tissue. If you sneeze you need to use a tissue and wash or sanitise your hands after.



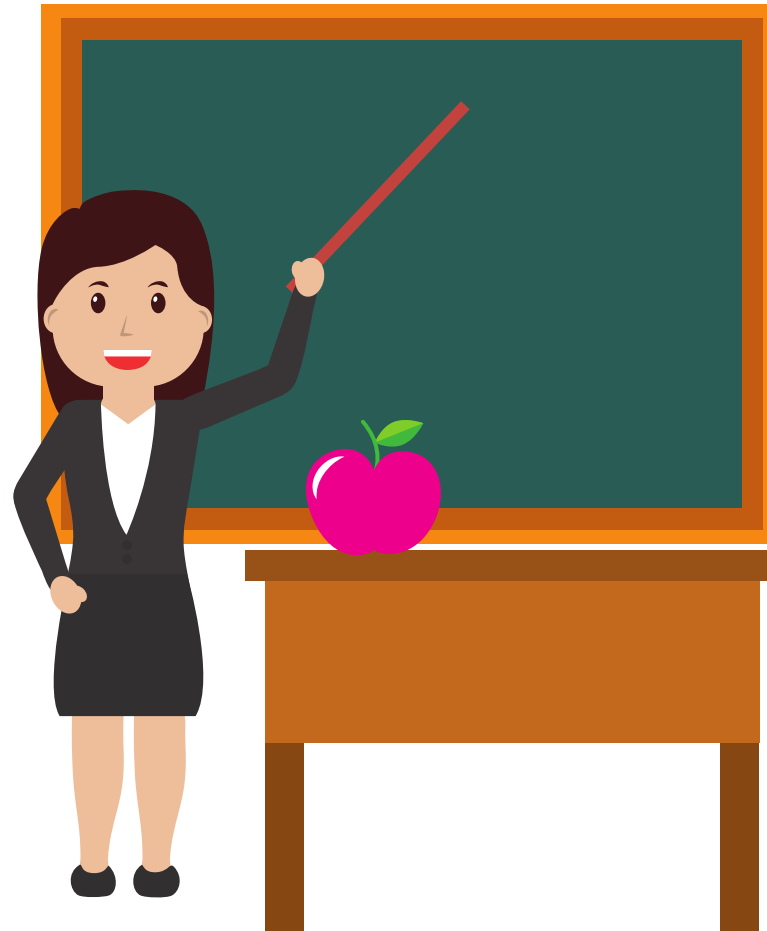
You will not be able to sit or stand as close to your friends.
This is called “physical distancing” and it helps to stop germs
spreading.



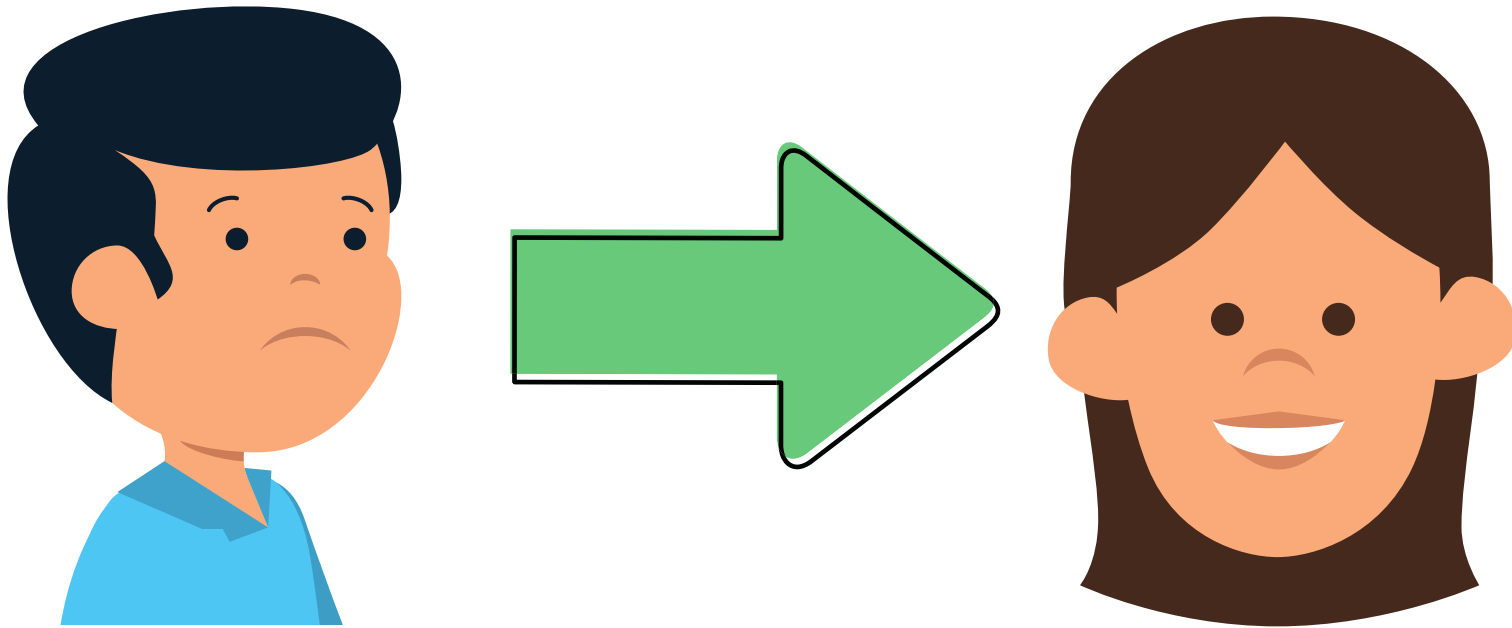
It's important to remember to not hug, high-5 or touch your friends and teachers. You can wave at each other instead.



Some days your teacher might not be at school because they have a cold or cough and need to stay home. You might learn with a different teacher.

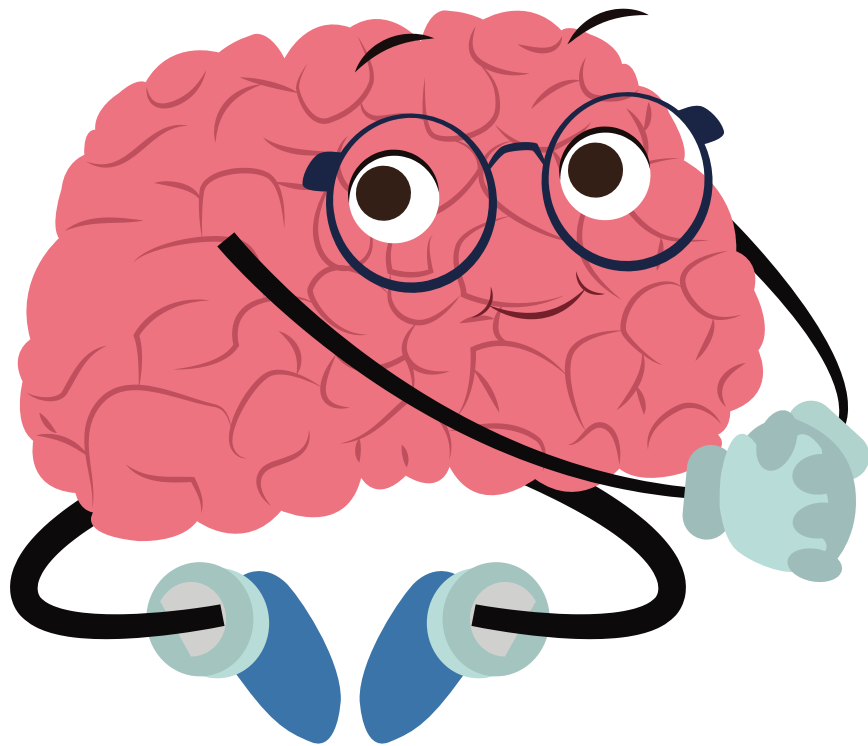


Going back to school and adjusting to the changes might be hard. Change is hard for everyone and you might feel stressed at first. The changes are in place to make sure that everyone stays safe. With time, you will get used to these changes and they won't feel new and strange forever.



It will feel different not being at home with your family all day.

It will take time to get used to being back at school, being around so many children, being in the classroom and playing on the playground. You might feel worried, and you will get used to it. Each day will get easier.



You might feel more grumpy and tired for the first few weeks as you get used to the new routine. This is expected. When you get home from school, rest and re-charge your battery. Sleep, exercise and lots of cuddles help.

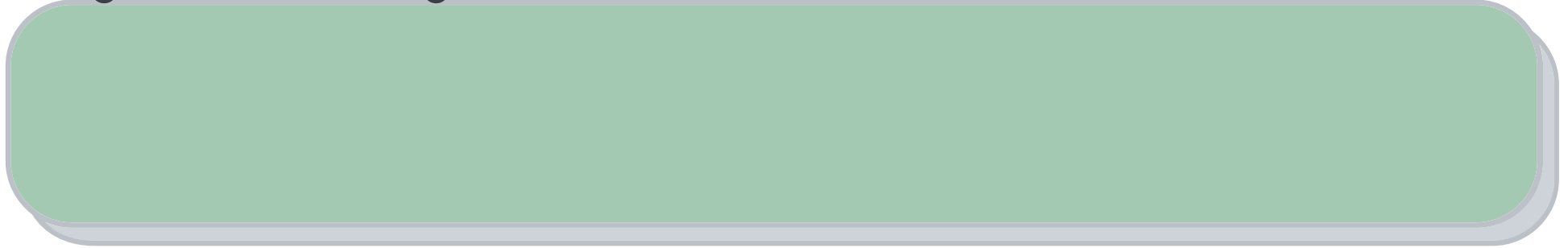
Remember that it's ok to have mixed feelings about going back to school. You might feel excited, worried, sad or a mixture of all of these! Talk to your teachers, friends or family for support.



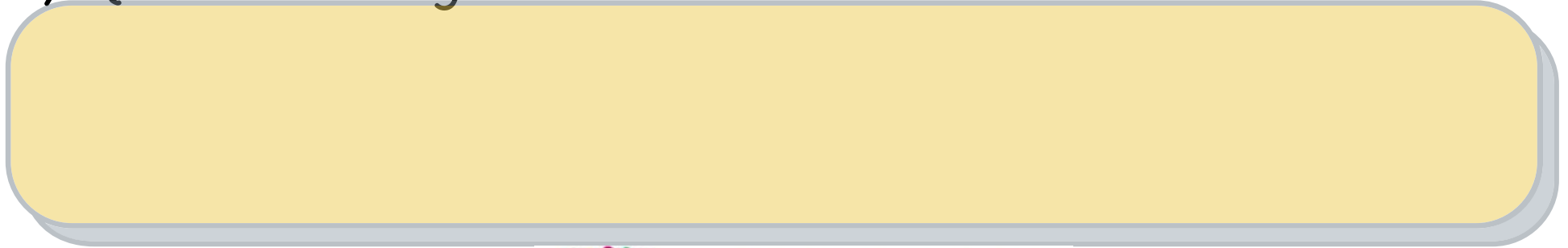
Things I am looking forward to:

A large, horizontal, rounded rectangular box with a pink fill and a light gray drop shadow, intended for writing responses to the prompt above.

Things I am feeling unsure about:

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My questions/Things I want to find out:

A large, horizontal, rounded rectangular box with a yellow fill and a light gray drop shadow, intended for writing responses to the prompt above.

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