Returning to School

Tips to support secondary students return back to school after the Covid-19 lockdown

Now that students will be returning to school, this may be a worrying time. For others, it may be something to look forward to. In this document, there are some helpful tips and advice to support in returning to school.

Anxiety around returning to school

Going back to school after a prolonged period in lockdown, may require adapting to a new school environment; this may result in feeling overwhelmed, anxious, or fearful. This may be because you have felt comfortable and safe at home, you may be feeling less pressured being at home, or you may feel worried about catching coronavirus.

Try to:

- Take part in daily exercise for 60 minutes and ensure to have a healthy diet. Visit www.nhs.uk/change4life for a range of ideas for indoor games and activities.

- Get good night's sleep

- Set a routine for yourself

- Ensure there is a balance between schoolwork, hobbies and activities

- Create a plan for yourself to help with anxieties; this may include talking to someone about your worries, doing some deep breathing or meditation, a relaxing activity such as reading or journaling.

- Remember– there are measures set in place at school to keep you safe.

Expressing your feelings

Some students may have some worries or questions around the virus or returning to school.

- It may be good to talk to a family member, parent, teacher, or a trusted adult about how you are feeling. Remember- it is normal to feel a mix of emotions during this time
- You may want to talk or journal about the positive aspects and personal achievements during lockdown.
- Think about what you may look forward to when returning to school or in the future.
- Seek professional help if required.

Sleep

The lockdown period may have altered sleep routines for some people. A good sleep routine is essential for your physical and mental development; it is good for the immune system and helps to have better focus at school. Here are some tips:

- Ensure to get at least 8 -10 hours of sleep
- Ensure your bedroom is conducive to sleep; cool, dark and quiet
- Keep TV and computers out of the bedroom and limit screen time before bedtime
- Create a relaxing bedtime routine
- Maintain a consistent sleep schedule
- Ensure to have a good sleep the night before returning to school

HYCS offers a free, 1-2-1 counselling service for young people. It is a confidential service for anyone aged 11-25 who lives, works, or studies in the Borough of Hounslow.

Telephone: 020 8568 1818

SMS: 07784481 208

Young people aged 11-19 can gain to access confidential advice and support from the Hounslow School Nurse team.

Text: 07507 333176

Hand-washing technique with soap and water

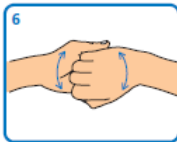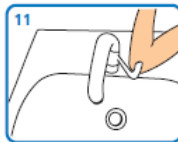|			
1 Wet hands with water	**2** Apply enough soap to cover all hand surfaces	**3** Rub hands palm to palm	**4** Rub back of each hand with palm of other hand with fingers interlaced
5 Rub palm to palm with fingers interlaced	**6** Rub with back of fingers to opposing palms with fingers interlocked	**7** Rub each thumb clasped in opposite hand using a rotational movement	**8** Rub tips of fingers in opposite palm in a circular motion
9 Rub each wrist with opposite hand	**10** Rinse hands with water	**11** Use elbow to turn off tap	**12** Dry thoroughly with a single-use towel

13 Hand washing should take 15–30 seconds

cleanyourhands campaign

NHS National Patient Safety Agency

Good hand hygiene

During a global pandemic like Covid-19, washing our hands is one of the easiest ways to prevent the spread of germs and viruses.
Continue to practice good hand hygiene.

Ensure that you:

-Wash your hands more often than usual, for 20 seconds using soap and water particularly after: coughing, sneezing, blowing your nose, before you eat or handle food, when you get to school or arrive home.

-Use hand sanitizer if soap and water is not available.

-Ensure you use a sanitizer that contains at least 60% alcohol and rub it into your hands for at least 20 seconds.

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www.nhs.uk/live-well
www.sleepfoundation.org
www.youngmind.org.uk
www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown
www.camhsnorthderbyshire.nhs.uk