

Helping your child through the current uncertainty

Where we are now?

You and your child have had to navigate a huge amount of change over the past 6 months. Schools closing to most pupils, exams being cancelled and all learning happening remotely are some of the things that no one thought would ever happen. For young people, school is a routine that doesn't change, where they know what to expect. This period of change has been significant for them and for you. We want to do all we can to make this next transition as easy as possible.



Navigating Change

Every child is different, some will have enjoyed the time away from school and others will have missed the routine. Some will have completed all the work, others will have completed very little. As schools return more students, there will be a period of adjustment. Some of our students have got into different sleeping patterns to before, might be used to having snacks throughout the day and probably won't be used to crowds of people in the way they were. As we all adjust back into a new type of routine, we need to encourage them to grasp that navigating change well is one of the most important life lessons we can learn.



How can I help my child over this transition period?

- Reassure them it is OK to be anxious and ask them to list what they are worried about.
- Split the list into 'what is in my control' and 'what is out of my control' – start finding solutions for what is in their control.
- Visualise with them – walk past the school, show them their entrance to school, talk them through how the day will work if you have that detail.
- Watch the negative language – avoid using 'lost learning', 'gaps', 'catching up'. Reassure them that teachers know how to assess where students are and get them where they need to be. Perhaps show them this video ['To Our Students'](#).
- Help them see some of the positives of what we have been through – what have they learned about themselves?

