

RETURNING TO FACE-TO-FACE SCHOOL

Some of us are looking forward to the idea of face-to-face school, while others are having reservations. We all accept that eventually there will be a return to ‘some’ version of what was once normal and what that will require seems to be constantly changing. This ongoing adjustment can leave us feeling some anxiety and discomfort.

Amidst change, however, there are some things that you can do to help.

Here are some ideas for both parents and students.

TIPS FOR PARENTS	TIPS FOR STUDENTS
<ul style="list-style-type: none">• Relax. Your anxiety can be transferred to your child.• Keep updated with the news and use official sources (Ministry of Education, Health websites, news conferences, the school etc.) for your information.• Ensure that your child has the school approved attire and the necessary tools to return to school.• Ensure that your child is groomed (e.g. hair and nails) in accordance with the school rules.• Plan school transport where necessary.• Talk to your child often about Covid-19 safety in and out of school.• Make sure your child has masks to wear to school. It is a good idea to pack a backup in an airtight bag or container.• Consult with your doctor about getting your child vaccinated as recommended by the Ministry of Health.• Remind your child about the importance of education for his/her future career.	<ul style="list-style-type: none">• Return to school with an open mind and be willing to follow ALL protocols• Feel free to talk to your teacher, Guidance Officer or School Social Worker if you feel anxious or unsure about anything.• Be sure to pack your bag beforehand with all the materials required for school including two (2) face masks. One to be worn at all times and another as “back-up”• Remind/familiarize yourself with the school rules, ensuring that you have the approved attire or uniform. This includes personal grooming.• Know the safety rules for Covid –19 that is, watch your distance, washing/sanitizing hands, and avoid touching ears, nose, and mouth.• Walk with sanitizer if you can• Do not share food, snacks, and drinks with others.

We live in a time like no other, but we can get through this together.

Good luck!