



15 July 2020


Dear Parents/Carers

Following on from the Government announcement that all children will return to the Academy in September we understand that many children may feel anxious about returning after such a long absence. Below is some information taken from the Young Minds Website about how you can help your child manage their feelings and help them successfully return to the Academy in September.

1. **Talk to your child about how they are feeling** about going back to school and try not to make assumptions. Ask them if they are worried or feel scared about anything, but also if they are excited about or looking forward to something. No matter how your child feels, let them know that it is completely normal to feel a mixture of emotions and that everyone will be in the same boat.
2. **Provide your child with as much information about their new routine and school day as you can.** This will help them to prepare for any changes that have been made to the timings of their day, the layout of their classroom, their peer groups and playtimes. For younger children, it can be really helpful for them to visualise these changes – so ask your child’s school if they can send any pictures to help make things feel more familiar.
3. **Reassure your child.** During the lockdown we have been told to stay at home, remain socially distant from others and wash our hands regularly. This means children may find it difficult to go back to school because it will be a huge change from what they have been asked to do during the pandemic. Talk with your child about ways they can stay safe at school, such as washing their hands before and after eating, and reassure them that the school are putting measures in place to keep them safe.
4. **Re-establish a routine to help ease into school life.** During lockdown it is understandable that your family’s routine may have changed. Children are likely to have been waking up later or going to bed later. To help them get ready for school, try to gradually get them back into their usual morning and bedtime routines as they get closer to their return date.
5. **Don’t put pressure on yourself.** The transition back into school is likely to take some time. Lots of children will experience ups and downs. Try your best to support, reassure and comfort them, without putting pressure on yourself to make sure their homework is done, or they settle into a new routine straightaway.
6. **Think ahead.** As well as reflecting on what has happened during the past few weeks, it is important to help children develop hope and a sense of excitement for the future. At a time like this, it can be hard to feel positive, but identifying the things that they can look forward to will help them to realise that the current situation won’t last forever and their feelings will change.
7. **Seek support if you need it.** Transitioning back to school after being in lockdown is no easy task. You may find that your child struggles to get back into school or experiences difficulties while they’re at school. If this is the case, reach out to your child’s school as soon as you can so that you can make them aware of the challenges and work together to support your child. If you are concerned about your child’s mental health and you think they need professional support, speak to the school and your GP about the best next step.

Principal: Mr Mark Avoth

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THE **BOURNE** ACADEMY

Following on from the previous communication you have received from Mr Avoth, new protocols around punctuality will also need to be implemented to ensure we protect the integrity of our Academy 'bubbles'. Therefore, should your child arrive late for school on more than one occasion they will be isolated for the remainder of that Academy day. It is essential that all students arrive promptly to their tutor time line up. No exception can be made for lateness, the safety of our students and staff are our paramount concern.


If you have any specific concerns about your child's attendance in September, please do not hesitate to contact either their Head of House or Mrs J Beer, our Education Social Worker.

Kind regards

Mrs Kelly Franklin
Director of Personal Development, Behaviour and Welfare

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