

Welcome back guide

Letter or email home for primary schools



Here are some suggestions of ways you can communicate with the children returning to school. This can help smooth that transition and support their mental health during this difficult time. It might be a letter or email to each child which welcomes them back and prepares them for what school is going to be like.

- 1. Express how they have been missed and how it hasn't been the same without them. This helps to build a sense of belonging.**

"I have missed you so much – it seems like such a long time since I saw you. The school has been so quiet without you and your friends and I am looking forward to you coming back soon"

- 2. Talk openly about your feelings and encourage them to think about theirs – this will help prepare them for talking about their feelings at school and gives you the chance to assess how they are coping.**

"I am excited about getting back to school, although I might struggle to get up early and it might be strange to be with lots of other people. I wonder how you feel about coming back – you might feel excited too, or worried, shy, happy or a bit strange"

- 3. Give them as much information about the routines and structures as possible. This will help prepare them for the changes that they will need to cope with and help parents/carers manage their expectations.**

"I think that lots of things will feel the same when we all get back into school, but there will be some changes too"

In the first few days and weeks together:

- ☐ We will play A LOT! We will practise games that we can play together without getting too close.
- ☐ We will wash our hands a lot too.
- ☐ We will have lots of time to talk about how we feel, especially if we feel sad, worried or angry
- ☐ We will be able to be with our friends but will probably be in small groups and we might be in different classrooms.
- ☐ You may be with different teachers, but everyone will make sure that you are looked after and have lots of fun.
- ☐ Now that it is summer, we will work and play outside a lot too.