

# Helping your child return to school 2020

FAQs following the online parent presentation on 'Supporting your Child's Emotional Regulation and Mental Health'

- [Helping your child return to school 2020 – watch YouTube video](#)

## **Q1: Will teachers receive training for emotional wellbeing to support children when they go back to school?**

Karen Hodes: Each school will be different at their approach with returning to school. Schools are very aware of children's emotional needs and they are seeing how they can best manage this. They are also conscious of the importance of catching up on learning.

Emma Murray: Head teachers are very aware that there is a lot that needs to be in place and we can comfortably say we will address this in September. Head teachers have had useful training from Professor Barry Carpenter around his recovery curriculum. Many schools are very interested and are putting together a recovery plan for September. Professor Carpenter focuses on losses including:

- loss of routine and structure in the day – particularly challenging for children with ADHD;
- loss of opportunity;
- loss of friendship; and
- loss of freedom

## **Q2: What do you recommend for parents? Should we get in touch with our school to find out what the plans are?**

Emma Murray: Each parent has their own way in approaching schools and there will be different people in the school to help whether it be; the inclusion manager, head teacher or deputy. You will know who to get in contact with. Just ask the school 'what are your plans for September?' or, 'how are the children going to come back', or 'how are the children going to be lined up in the playground'? As it can be the little things that have the biggest impact on the children.

## **Q3: Will there be wellbeing workshops/discussions in schools to help normalize things for children and give them strategies'?**

Jeanne Ekpitini- Faulet: From a Trailblazers - Mental Health Support Teams (MHSTs) - in schools point of view within the east borough of Haringey, there have been conversations around wellbeing in schools. We are very keen for schools to let MHSTs know what kind of support they would like, in order for their child to be supported. Practitioners are available in every school from the first week they start back in September.

#### **Q4: Children's behaviour/Difficulty in home schooling. How do children keep motivated with learning?**

Karen Hodes: It is important to acknowledge that parents are not teachers and they are not school educators. At times, it is difficult for children to feel motivated with this unusual situation. Parents may want to manage their expectations. It is a very common to feel mentally unmotivated. Sit down with your child and explain how hard it is for one (parent) to motivate themselves, and you will help them plan/sit down with them. This can be very different for teenagers as their brain develops differently and planning is very different for them. Therefore, there is another factor where they are going to need additional support, and you need to sit down with them and help them plan.

**David Collins: Resources are available on the Haringey Council local offer web pages:**

- [THRIVE Framework](#)
- [SEND Local Offer](#)

**Where there is support and supporting wellbeing for schools and for parents. Please look on the local offer under Covid-19:**

- [Haringey EPS - Supporting families during coronavirus \(COVID-19\)](#)
- [Local Offer COVID-19 Guidance](#)
- [COVID-19 and traumatic incidents during lockdown a plan for action](#)

For educational psychology service. There is many resources not just from the educational psychologists, but also from various other services. There is a recent document from the legal transitioning from 'Nursery to Reception', which is for parents to help their child. We sent this to all schools and nurseries. Please ask your school or nursery for this document, as you should be able to have access to it. There is good tips and videos on the website – please go to the local offer page.

- [SEND Local Offer](#)
- [Starting Primary School Supporting transition into school during COVID—19 times](#)

#### **Q5: Year 6 child is feeling very anxious about starting secondary school in September, are there any tips to help this?**

David Collins: There is many resources on the Haringey Council website in regards to preparing your child to go back to school:

- [Reopening Haringey's schools](#)

In regards to what they may experience when they go back, as things will be very different.

Preparing for your child for secondary school as much as possible is important, as some of their friends may not be going to the same school as them. Please listen to your child and ask what kind of anxieties they are having. Talk through it and speak to your school

if you have any raising concerns. Please ask whether they have any documents with what they hope will help adapting to a new school.

**Q6: Schools often have a transitional period from Primary to Secondary school, what will be in place?**

Carlo: All schools will have children transitioning in September. Some schools are having dedicated transitional days at the beginning of September and it will be useful if you get in contact with your child's school. Some schools are doing virtual tours of their schools; please speak to your school to help you through this period.