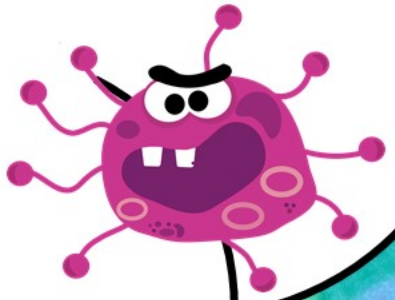
Back to School

A story about
returning to school





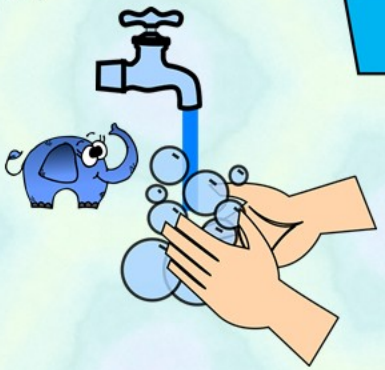
By
Debbie Palphreyman

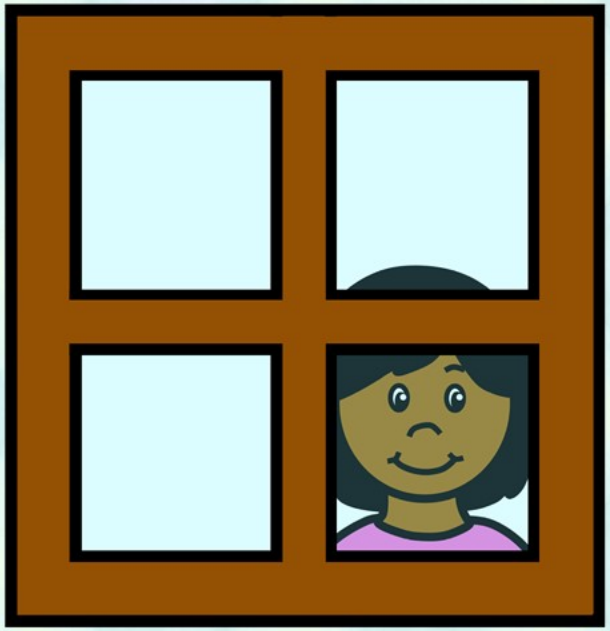
ELSA support

You have been Superheroes and stayed at home.
You stayed in your house most of the time apart from daily exercise or shopping.
You did all your learning at home.
You kept to the social distancing rules and stayed 2 metres apart from anyone outside of your house.
You sneezed into your elbows.
You washed your hands with soap for 20 seconds or you counted elephants as you washed your hands- 1 elephant, 2 elephant, 3 elephant and so on.
You used tissues to wipe your noses and you put them in the bin!
You even stopped seeing your friends and family who didn't live with you.











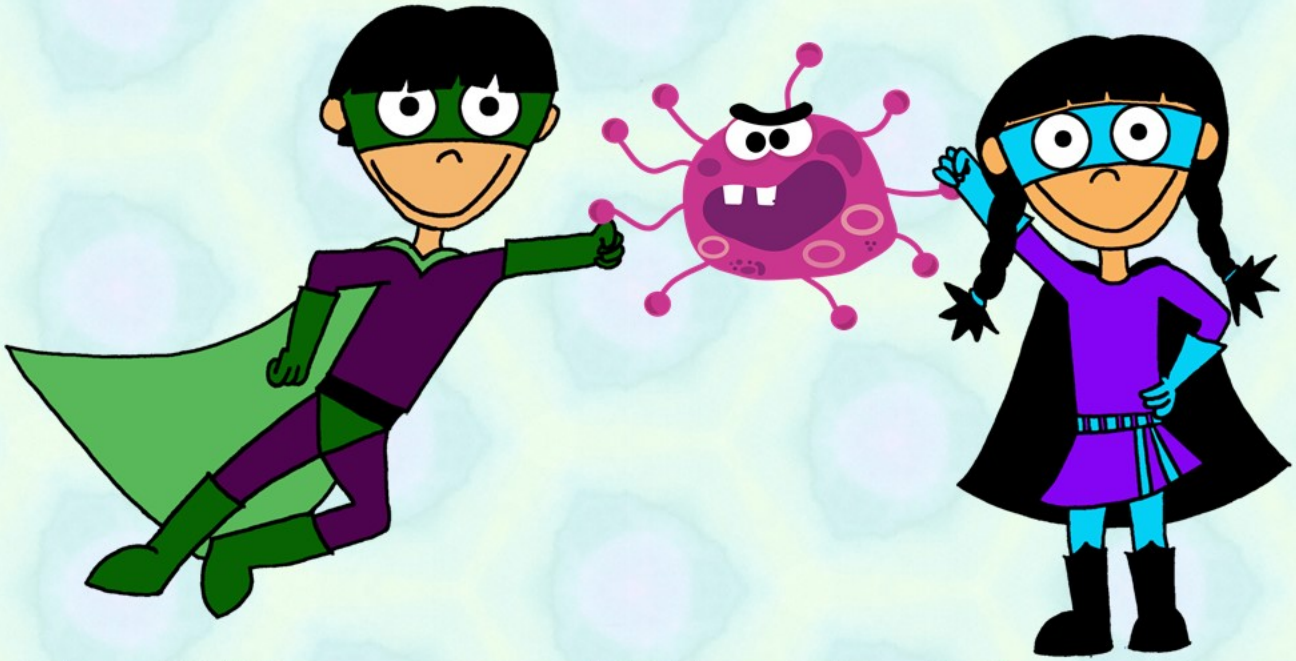
GUESS WHAT?



LESS people are getting the Coronavirus now!
You did an **AWESOME** job!

You should feel really proud of yourselves for helping to fight the Coronavirus!
You are true superheroes!

You deserve a round of applause! Give yourself a clap now!



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Our government want to get things back to normal. They have a plan.
A plan is a list of things that needs to be done to make sure everyone stays safe.

EVERYONE MUST follow the plan.



Very important government plan

1.

2.

3.

4.

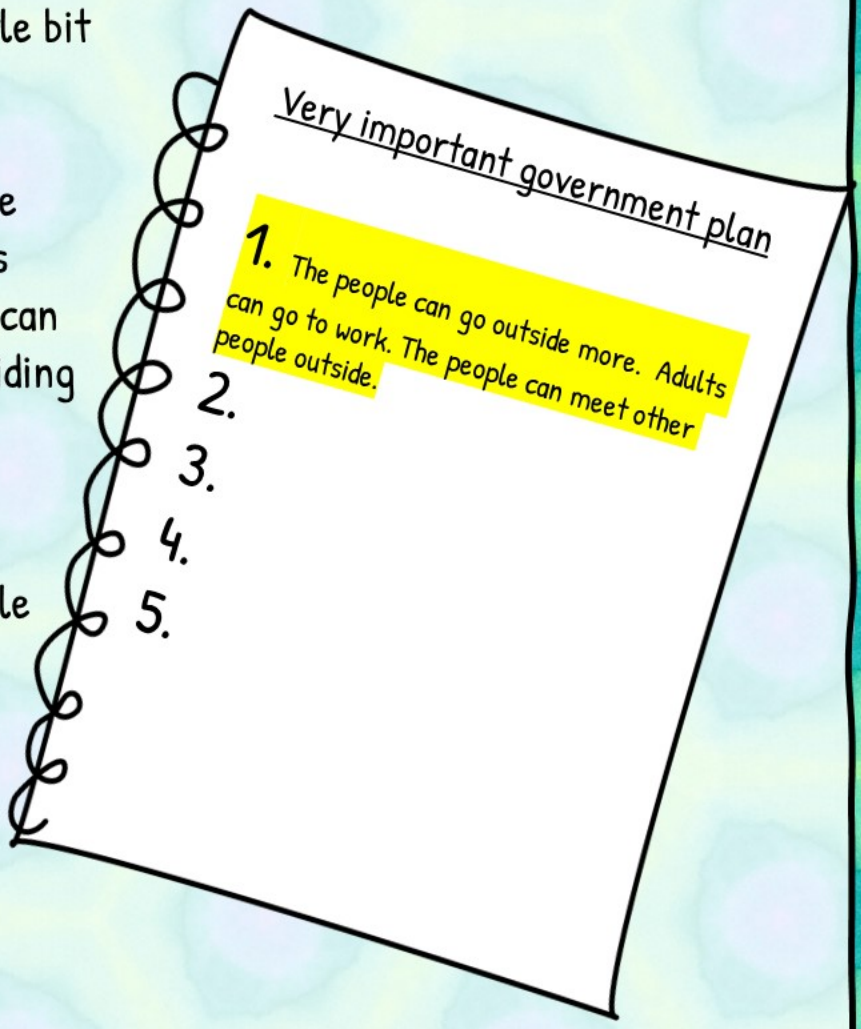
5.



To get back to normal everything needs to be done a little bit at a time.

You might have noticed that you are allowed outside more now? You might have noticed that your parents or carers might be going to work now. You might have noticed you can meet some people you know outside of your house, providing you stay 2 metres apart.

It is important that everyone sticks to the plan.
We don't want LOTS of people getting sick again. If people don't stick to the plan then that might happen.





One of the things on the plan is that...

KIDS CAN GO BACK TO SCHOOL!

Our very important scientists think it is safe now for kids to go back to school.



Very important government plan

1. The people can go outside more. Adults can go to work. The people can meet other people outside.
2. Kids can go back to school
3.
4.
5.

YOU are going back!

How does that feel?

You might feel worried, excited, happy, sad, scared, angry, shocked or something else?

But do you know what? That is ok!

All feelings are ok. If you have big feelings then there will always be someone at school that can help you and make you feel better and safe. Your teachers are really good at that. They can help you feel better if you talk to them.





If you feel worried about leaving your parents or carers then make sure you talk to us about it. We can help you.

It is a good idea to make a separation plan for leaving your parents or carers. Make sure you run through your plan with your parents or carers a few times.

This might be something like:

- Give your parent or carer a hug
- Give them two kisses
- Smile and give them a big wave
- Say' SEE YOU SOON!'
- Walk into school



You will see them soon, don't forget that! You will see them at the end of the school day. They will be waiting for you and excited to hear about your day! I bet you will be excited too to tell them about all the wonderful things you have done at school.

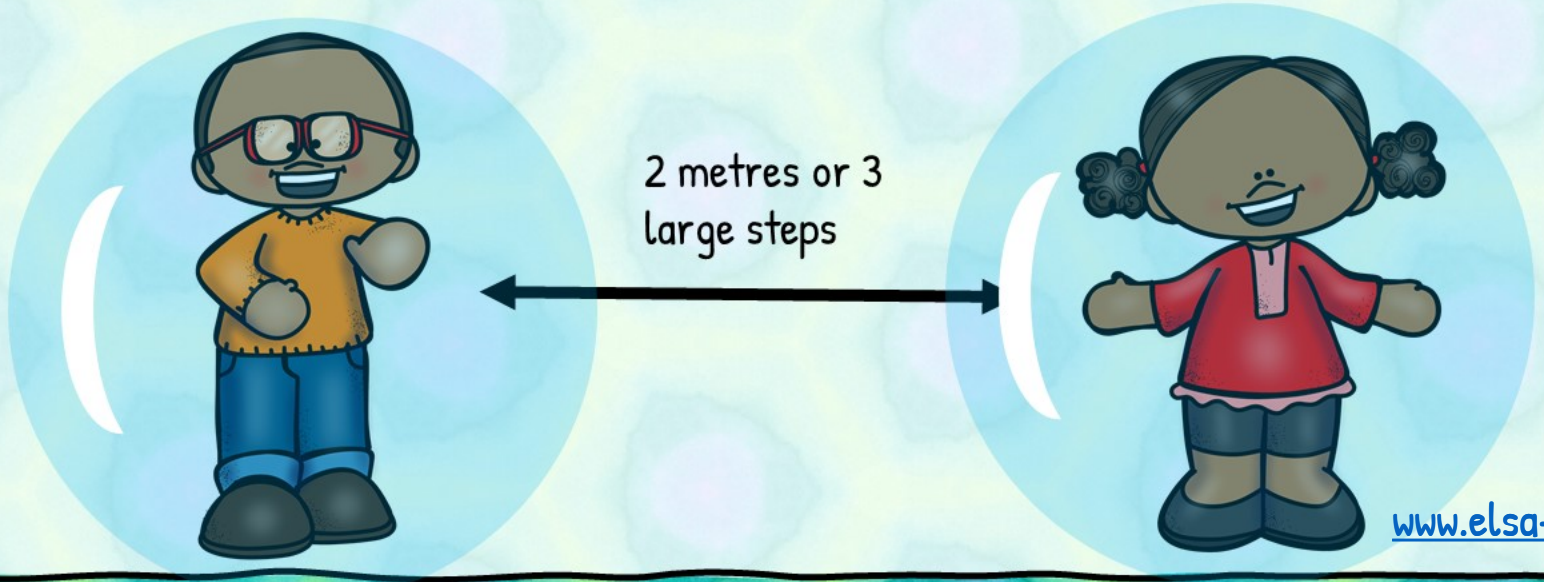
Before you know it you will be running into school as if you have never been away for so long!

When you come back to school some things will be the same and some things will be different.

Your teachers will tell you more about that. They are working hard to make your school SAFE.

You will still have to continue with the great hygiene and trying your hardest to stay 2 metres or 3 large steps away from others as much as possible.

You will still need to wash your hands for 20 seconds to ensure they stay as clean as possible.



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You can use different ways of greeting people rather than hugging or touching them.

- You can wave
- Smile
- Give yourself a hug whilst looking at someone
- Thumbs up
- High five in the air

Can you think of some more ways to greet someone without touching?



You just need to remember what you were doing at home to stay safe and you will do similar things in school to stay safe.

Your teachers have organised lots of exciting things for you to do at school.

Most importantly it will be FUN!





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So remember you are in the Superhero team and you are going to continue to fight this virus!

Be proud of yourselves.

You have done a brilliant job so far!

The school staff can't wait to see you again and welcome you back to school.

They have **MISSED YOU** so much!

See you soon!





