



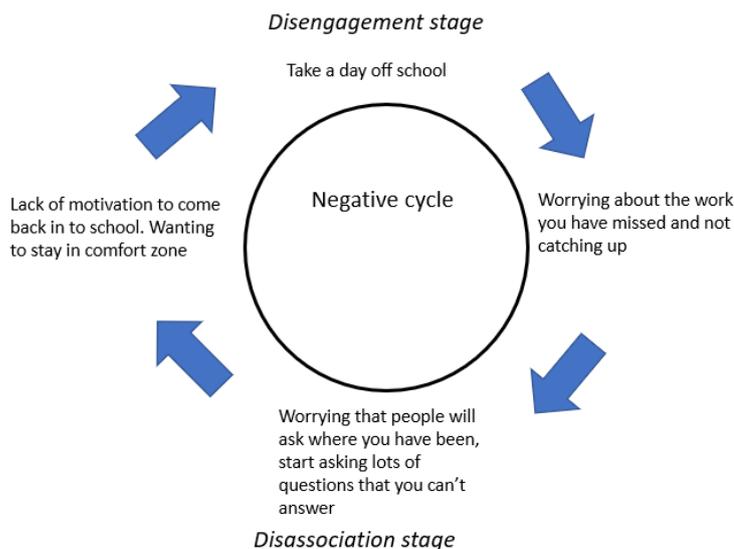
ELSA Parent/Carer Guide

Returning to school

Returning to school after a holiday can be difficult for young people. You may find that their behaviour or demeanour changes a few days before the return, this is usually because young people begin to worry or start feeling upset because they don't want the holidays to end.

It is normal for young people to feel this way however school is a non-negotiable and is something that they have to do even though some find it slightly overwhelming.

If the beginning of term is missed due to absence it makes it even harder to return and it can cause even more worry and stress. This can lead to the young person entering the negative thought cycle which can often become difficult to break.



Young people often find returning to school difficult as this involves them leaving their comfort zone. The thought of leaving their comfort zones can lead to them feeling unmotivated and unsettled so it is important that adults recognise these feelings and help the young person work through them. If this is done successfully it will become a life-long skill and will result in our young people becoming more resilient to challenges they face.

It is important that our students return to school with a positive attitude and are ready to learn as soon as they return, here are some tips that may help:

- Get their uniform out the night before the return to school to make sure they are ready for the morning, rushing in the mornings can cause stress and upset.
- Encourage the young person to pack their bag the night before the return to school so they are organised for the first morning.
- During the holidays ask the young person to check that they have all the correct equipment for school so that it can be replaced if needed.
- Start getting back into the school routine a few days before the return to school so that their body clock can re-set. Encourage them to go to bed at a reasonable time and set an alarm to wake them up at the time they would normally get up for school.
- Cut down on using electronics as this will help the young person's brain get back into learning mode.
- Encourage the young person to keep up-to-date with their homework over the holidays. As much as the school understands that they need a break from learning homework may be set and we would not want any of our student's to worry about receiving sanctions for uncompleted homework.
- Remind the young person of their school routine; encourage them to contact friends to arrange meeting places to walk to school or meeting places in the playground.
- Some young people may say that they are finding it difficult to sleep, have a headache or feel sick before their return, these are usually signs of worry. Ensure them that they are not poorly and encourage them to talk to you about any worries they may have. It is important that we normalise worries and not dismiss them, what seems like a small worry to us may be a big worry for them so help them come up with a plan to support their worries.
- Encourage the young person to think of the positives of returning to school such as; seeing friends, getting back into a school routine, going to the lessons they enjoy, seeing the teachers that support them.

The most important thing is to encourage the young person to talk about their feelings. If you are ever concerned about them please use this link for useful contact numbers and information: <https://www.broadwater.surrey.sch.uk/page/?title=Well+Being&pid=12>