

## I'm feeling worried about...



**feeling over whelmed when seeing a lot of people in one place**



The majority of schools are slowly introducing students back. This will mean fewer students will be in attendance as usual. Because there will be less people this could help you feel less overwhelmed. Talk to your friends or a trusted adult about how you feel.

For more information and support visit the website: [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

## I'm feeling worried about...



**other people not following the social distancing rules.**



It's important for you to feel comfortable, if others are making you feel uncomfortable remove yourself from the situation. Follow the rules that have been set to keep you safe.

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## I'm feeling worried about...



**a family member who has a health condition**



Discuss with your GP or another professional about whether or not it is appropriate for you to return to education. It's important to follow guidelines to keep you and your family safe.

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## I'm feeling worried about...



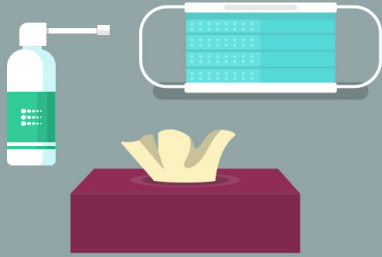
**my existing health condition**



Speak to your GP or another professional to get advice on returning to education, also speak to a teacher around what they can do to help you safely return.

For more information and support visit the website: [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

I'm feeling worried about...



**catching coronavirus being at school**



Your school will be minimising the times where all students would access classrooms and corridors. If possible carry around some hand sanitizer, wipes and a mask if you have them.

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I'm feeling worried about...



**the cleanliness of the classroom equipment**



Your school will be ensuring that the furniture and classroom equipment will be thoroughly and regularly cleansed. If possible carry around some hand sanitizer and wipes or ask your school if they will provide them.

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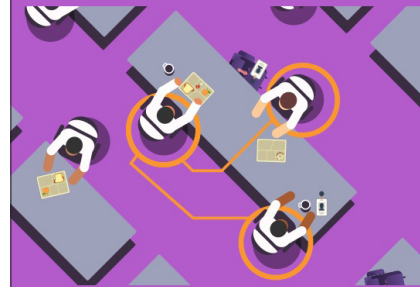
**entering and leaving the building**



Speak to a teacher regarding being able to arrive late and to be able to leave early to avoid potential crowds. Most schools will have staggered start and finish times.

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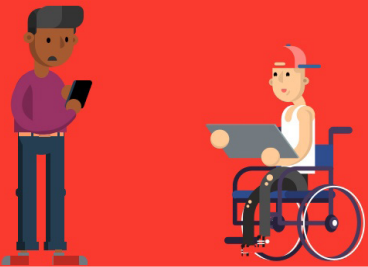
**social distancing during lunch & break times**



Speak to a teacher regarding being able to arrive late and to be able to leave early to avoid potential crowds. Most schools will have staggered start and finish times.

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## I'm feeling worried about...



**the relationship I have with my friends**



If and when possible, keep in touch with friends online outside of school hours. Whilst attending school ensure you follow the social distancing rules, it's important to maintain friendships and not isolate yourself from your friends.

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## I'm feeling worried about...



**the hygiene and space in the toilets**



Follow the rules, wear a mask if you want to, and wash your hands after using the toilet and put sanitizer on your hands after leaving.

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## I'm feeling worried about...



**the arrangements travelling to and from school**



Ask your school about the school bus arrangements. If you don't feel comfortable using the school bus then you could ask someone you live with to help. Try and adhere to the transport guidelines as best you can.

For more information and support visit the website: [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

## I'm feeling worried about...



**how classes will be taught and if I will be with my friends**



Speak to a teacher about what they are putting into place to prevent people breaking the social distancing guidelines and how they intend on teaching classes prior to returning.

For more information and support visit the website: [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

**I'm feeling worried about...**



**the school work I have missed**



**Open Minds**  
For Children and Young People in Calderdale

Use sources like BBC Bitesize and Quizlet. Talk to your teacher and ask for a work pack or revision guides to help you catch up.

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[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

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