



## COVID-19: Supporting the emotional health and wellbeing of students returning to school: A brief guide for Calderdale students

The government made an announcement that they would like all students to return to education on 8<sup>th</sup> March 2021. It's really important that this is done in a careful way that prioritises the safety of everyone.

A group of 16 young people and young adults from three groups, Calderdale Young Commissioners, Calderdale SEND Reference Group and the Tough Times Reference Group have worked together and created these top 14 tips on how to help alleviate any worries when returning back to school or college.

Further information and advice can be found to help ease any concerns regarding your return to school on the emotional health and wellbeing website Open Minds in Calderdale [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

<b>I am worried about...</b> <b>My existing health condition.</b>	<b>Helpful suggestion</b> Speak to your doctor or another professional to get advice on going back into education, also speak to a teacher about what they can do to help you safely return.
<b>I am worried about...</b> <b>The people I live with who have a health condition.</b>	<b>Helpful suggestion</b> Discuss with your doctor or another professional on how you can safely attend your education setting. It's important to follow guidelines to keep you and your family safe.
<b>I am worried about...</b> <b>Other people not following the social distancing rules.</b>	<b>Helpful suggestion</b> It's important for you to feel comfortable, if others are making you feel uncomfortable remove yourself from the situation if possible. Follow the rules that have been set to keep you safe. If you feel unsafe then speak to a trusted member of staff who should be able to help you.
<b>I am worried about...</b> <b>Being overwhelmed when seeing a lot of people in one place.</b>	<b>Helpful suggestion</b> Talk to your friends or a trusted adult about how you feel. The majority of education settings are carefully introducing students back. This will hopefully help you feel safer and less overwhelmed.

<p><b>I am worried about...</b>  <b>The schoolwork I have missed.</b></p>	<p><b>Helpful suggestion</b>  Use sources like BBC Bitesize and Quizlet. Talk to your teacher and ask for resources such as textbooks, past papers or revision guides to help you catch up.</p>
<p><b>I am worried about...</b>  <b>The arrangements travelling to and from school.</b></p>	<p><b>Helpful suggestion</b>  Ask 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 by wearing a mask and social distancing.</p>
<p><b>I am worried about...</b>  <b>How classes will be taught and if I will be with my friends.</b></p>	<p><b>Helpful suggestion</b>  Speak to a teacher about how they intend on teaching classes and keeping students safe. You could also ask if you will be with the same group of peers.</p>
<p><b>I am worried about...</b>  <b>The hygiene and space in the toilets.</b></p>	<p><b>Helpful suggestion</b>  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.</p>
<p><b>I am worried about...</b>  <b>The relationships I have with my friends.</b></p>	<p><b>Helpful suggestion</b>  If and when possible, keep in touch with friends online outside of school hours. Whilst attending your education setting ensure you follow the social distancing rules, it's important to maintain friendships and not isolate yourself from your friends.</p>
<p><b>I am worried about...</b>  <b>How social distancing will be enforced during lunch and break times.</b></p>	<p><b>Helpful suggestion</b>  If you feel unsafe during lunch and breaktimes, then speak to a teacher who should be able to support you about how you are feeling. Talking to friends about this may also be helpful.</p>
<p><b>I am worried about...</b>  <b>Entering and leaving the building.</b></p>	<p><b>Helpful suggestion</b>  Most education settings will have staggered start and finish times if you are still worried speak to a teacher regarding being able to arrive late and to be able to leave early to avoid potential crowds.</p>

I am worried about...	Helpful suggestion
The hygiene and cleanliness of the furniture and classroom equipment.	Your education setting 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 if they will provide them.

I am worried about...	Helpful suggestion
Catching coronavirus being at school.	Your education setting will be minimising the times where all students would access classrooms and corridors. Social distance and if possible, carry around some hand sanitizer, wipes and a mask if you have them.

I am worried about...	Helpful suggestion
Getting my lunch.	Speak to a teacher about this and ask what the guidance is. You could also ask someone you live with whether or not you would be able to take a packed lunch with you.