Returning to...

Emotions

You may be feeling excited, nervous, happy, stressed, confused, anxious or even all of these emotions. Whatever you are feeling is completely normal, but if you start to feel overwhelmed, remember to talk to someone. Talking is a brilliant way to offload and get support with your feelings.

Remember you can talk to your teacher, form tutor, a TA or a member of the pastoral team if you need any support. Don't forget to look at our Mental Health Booklet for some top tips and advice.

Reconnect with people

Make sure you reach out to your friends and family and talk about how you are feeling about the return to school. Reconnect with school friends you may have lost touch with - Remember they will be experiencing similar emotions to you. Share your worries and support each other -you are not alone!

Sleep

It is important to get back into a good sleep routine for when you are back in school. If your sleep cycle is out of balance, here are some top tips to improve your Snooze:

- ★ Limit screen time before bed - the light from the screen makes your brain think it's daytime, so melatonin (the sleep hormone) is not produced
- ★ Exercise- any physical exercise during the day helps us sleep at night. Exercise is brilliant for our mental health too
- ★ Cut the caffeine - caffeine in tea, coffee and fizzy drinks stops us falling asleep
- ★ Food - eating too much or too little before bedtime makes us feel uncomfortable and keeps us awake
- ★ Create a sleep friendly bedroom - cool, dark and quiet
- ★ Talk about things that are on your mind, write your worries down or make a to-do list for the next day
- ★ Stick to a bedtime routine- wind down and try to do the same things in the same order each evening

TOP TIPS

Routine

Many of us will have lost a sense of routine during lockdown. This week is the time to get our routine up and running again. Try to follow a school day timetable. Set your alarm, have breakfast and lunch at a set time and think about establishing a good sleep pattern again.

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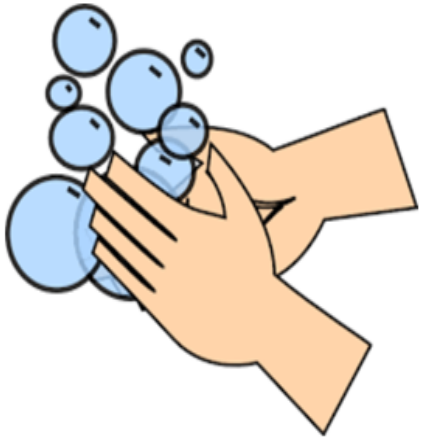
Covid Safe Procedures at...

Uniform Reminder

Remember: hoodies should be plain navy or black if to be worn in the school building on the day you have PE. If you do not have this then your school jumper should be worn inside of school to keep you warm. All other hoodies will removed if worn in the school building.

Hands



Frequently wash or sanitise your hands. Especially when:

- ★ Entering the school building or classroom
- ★ When putting on or taking off your mask
- ★ Before and after eating

Face

It is strongly advised that you wear a face mask when:

- ★ You move inside the school building through the corridors
- ★ You are inside the classroom

This protects others as it reduces the spread of aerosols.
This does not apply to those medically exempt from wearing face mask.

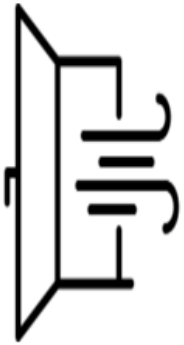
Space

Remember to keep your distance from staff and students where possible.

When in the classroom, stay out of the designated two metre box.

Avoid close contact with your peers at all times, even at break and lunch.

Ventilate



Help stop the spread of the virus by ensuring windows and doors stay open during lessons.

Before break and lunchtime, help your teachers by opening all windows in the room and the door to allow maximum ventilation while no one is in the room.

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