Safeguarding Snapshot - 11.09.26

Supporting students starting back to school

Returning to school after the holidays may be difficult for some students because it requires a sudden shift from unstructured free time and rest to strict routines, academic expectations, and social demands.

Following on from the 'Back to school reset guide' shared by Mr Mullings in his letter last week we have collated some additional resources and highlighted some top tips.

Establish routines and be consistent:

- Be consistent for bedtimes and wake-up times, even on the weekends to begin with.
- Encourage students to lay out clothes and pack bags the night before to reduce morning stress.
- Keep a copy of their timetable somewhere accessible to be able to remember when to bring in items such as their PE kit or cooking ingredients.

Reflect and celebrate at the end of the day:

Consider what your child might need at the end of the day. This might be a chat with you at pick up, but could also look like silence and having the time to decompress and process before they open up. Finding the right time for your child to connect is important.

Get to know the school processes:

Knowing who and where to turn to if your child is in need is vital, as it allows you as parents and us at school to effectively work together to support your child. You should use this knowledge to encourage your child to speak up about their needs, beginning with their form tutor.

If you have any concerns regarding your child and need additional support, please get in touch with their form tutor. You can do this by emailing the school office or using the contact us page on the school website.

Additional resources

- Bernardo's- How to cope with back to school anxiety
- The back to school reset guide
- The Education Hub- Back to school
- Young Minds- School anxiety and refusal
- Childline- Going back to school