

## SEBERT WOOD PARENT/CARER WEEKLY UPDATES

The first week with the children back in school has been a real joy and staff have really enjoyed having their classes back and being able to teach face to face. We have all been adjusting to the extra noise and hustle and bustle, with the school feeling very full, but it has been a great to see the children enjoying working and playing with their friends.

We also appreciate that, as the first full week of school most of the children have had for a long time, the children are definitely looking more tired than usual. It will take us all time to get used to school routines and back to some kind of 'normal' - we will have to be patient with ourselves, each other and get plenty of rest this weekend!

Finally, if you could take a few moments to read the reminders below it would be very much appreciated, thank you.

Have a great weekend

Mr Peter Dewhurst and all the team at Sebert Wood

### BACK TO SCHOOL ANXIETY

#### Keep Talking

Talk to your child as much as possible about school. Remind them about the fun things that have happened at school. This will trigger happy memories and help them feel more relaxed.

#### Reminders

Walk past the school on a walk or drive past when you are out and about, this can help familiarise your child of school again.

#### Plan & Prepare

Encourage your child to get their school bag and P.E kit sorted and organised. Talk about the school morning and after school routines to remind your child what happens.



We fully understand that for some pupils this may be quite an anxious time and These may be helpful to give you some tools to help your child re-adjust at home.

SENDIASS are also hosting an informal online session for parents and carers in Suffolk where members of the Specialist Education and Psychology and Therapeutic Services will be exploring supporting children and young people's wellbeing for their return to school.

Topics will include anxiety, managing feelings and emotions, support for routines and getting back to learning in school.

Please see attached leaflet with links to their website

**PE kits are to be worn to school on your child's PE day and will be worn all day.** Please ensure it is suitable warm clothing for outdoor PE, with sports trainers. Please bring your school shoes with you and a carrier bag to put your trainers in as they may be muddy. Please can we have only appropriate school PE clothing, thank you! Finally, a reminder, longer hair should be tied back and only stud earrings are allowed for school – and these should be preferably removed or taped up for their PE lessons, thank you.

### PARENT/CARER REMINDERS

- Thank you for following the procedures to keep us all safe by dropping off and picking up at the allotted times and entrances and for making sure you maintain a safe distance from each other
- Thank you also for continuing to wear your face masks
- Please NO dogs or puppies are permitted on the school site. Your dog/puppy should not be brought into the playground and should be tied up at the far side gate post if necessary to ensure a safe distance from all children and parents entering and exiting the school
- We are currently unable to accept messages on the door. If you need to leave a message for your child's teacher, please either telephone the school office or email [admin@sebertwood.co.uk](mailto:admin@sebertwood.co.uk) and your message will be passed on immediately, thank you.
- Your child's drinks bottle for use throughout the day should only contain water. A soft drink/juice is allowed in lunch boxes.