

## BACK TO SCHOOL

People tend to be creatures of habit; we get used to things and find changes unsettling. We are now in the process of families returning their children to school and individuals will have differing ways to deal with this change. Schools will have prepared for the comeback and set a number of safety processes in place.

**Most children** will look forward to seeing their friends, their teachers, and adjusting to the new normal. They will be happy to learn some new procedures in keeping to the hygiene rules.

**Some children** will find the change over difficult as they have become used to their parents being around and the coziness of home. They may not have such strong links with friends, or they might not have been doing so well with their schoolwork, or they might have found schoolwork easier to complete at home. They will need more encouragement and support in this changeover.

**A small number of children** may be unsettled, uncomfortable and worried about returning and will need extra help and reassurance.

**Most parents** will be pleased to see their children return to their routines, although they might still have in mind the health risks that continue to be present in the community.

**Some parents** will have enjoyed having their children at home and tend to worry about them quite a bit, and they will find it useful to focus on the positives of resuming education at school.

**A small number of parents** will find this difficult for themselves and need some support.

So, on the whole, the return to school will be positive with most children transitioning easily into the new routines.

But, to begin with, students (and teachers) will find this tiring as they cope with a shift in routine. It will be a time for being supportive and not focusing so much on student achievement.

In the case of children not adjusting after a few weeks, then parents can make use of the excellent services available in the schools from wellbeing teachers, and school support staff, and in the community from psychological services that are provided.

Educational and Developmental Psychologists are experts in helping children, parents and schools to deal with adjustment, educational needs, and anxiety and mood difficulties. They work alongside other professionals such as school counsellors, social workers, and wellbeing staff in schools. Should you need assistance, they can be contacted through your school wellbeing teacher or through your local GP.

**APS COLLEGE OF EDUCATIONAL AND DEVELOPMENTAL PSYCHOLOGISTS**