

Returning to School

The CEIAS team hope you are all keeping well.

In the past few months and weeks there have been a lot of changes to your days.

Some of you will have been in school some of you will not.

We have asked children in some of our schools what going back to school has been like for them and to share some of their top tips.

Advice from Adelaide School:

"The teachers told me about what they were doing to keep us safe and that helped us to understand."

"People in school are good at making you feel safe so don't worry. You can share your feelings with them and they will listen".

"It is ok to feel worried. Talk to parents, friends or teachers to help you".

"You shouldn't be scared. It will be ok."



"Keep enjoying things- even little things.

We have been making head bands for the NHS and VE day bunting.

Keeping busy is good to keep your mind off things."



Springfield School's Social Story:



Springfield School have written a social story to help their children understand what is happening; we hope you enjoy it:

This is a very worrying time for everyone and for you as a pupil at Springfield School.

It is not nice when we don't have all of the information that we need and when things are out of our control.

The World has been through this before and it is called a Pandemic, it is when an illness affects a lot of people and spreads really quickly. These do happen and they usually happen about every 30 years.



What we do know is that the Government has given us lots of advice about what is happening and what is going to happen over the next few weeks and they are updating us all everyday.

A lot of people are already sick and it is not the Coronavirus, but just a cold or other illness.

The doctors and Government have asked all people who are ill or at risk to stay at home and this has meant that a students, staff and their families have been told to stay at home.

It is going to be strange not coming to school, but your teachers are working hard to set you work that will help you learn at home.



During this time, plans will change, holidays may be cancelled and life might not be the same for a bit of time.



It is important to remember that this is a virus and when people get a virus the body tries to fight it off. In nearly all cases people get better.

The best thing to do to stop you getting sick is to wash your hands as often as possible and for at least 20 seconds.

You could even sing the Happy Birthday song 2 times to help you make sure that you are washing them enough. Make sure you do this before you eat, bite your nails, touch your face, go to the toilet or if you touch any surface, especially if someone you know might have the virus.

If you or anyone you know does get sick, it will be okay, you just need to rest and let your body recover, this might not be a nice time and it might make you really ill, but remember that people are there to support you.



Make sure that you drink plenty of water and stay away from other people if you are sick, this will stop the virus spreading.

Remember once the spread of the virus has stopped or slowed down things will go back to normal, we will be able to come back to school and you will get to see your school friends and teachers again.



What was it like for students in Wilmslow School?:

I really like the fact that I am back at school. Because I don't like being at home for too long.

School is OK. There's a lot of hand washing and we have to sit apart (which I like).

It's much quieter and less teachers are talking, which is good. I like wearing my own clothes.

The teachers spoke to me before, so I knew what it would be like. Watching the videos of what school looked like, was good too.



Going back to School – by Fred in Year 10 at Park Lane School



My teacher explained that it would be different when I came back to school.

There are only 3 of us in my class and I only come in for 2 days a week.

I was really excited to see my friends.

We have to remember to stay 2 metres apart so the classroom looks different.

Also we have to come in through a different door and follow a one way system around school.

I am very good at washing my hands all the time and I keep my equipment on my desk.

My staff have to wear aprons and masks to help keep us all safe from the virus.



Cheshire **E**ast **I**nformation **A**dvice and **S**upport (**CEIAS**)

We hope you have a great time when you return to school. Let us know what works well for you.

Our thanks to pupils at Adelaide, Springfield, Wilmslow and Park Lane schools for sharing their ideas