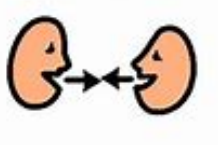
Lenzie Meadow Primary School

Returning to School Tips

Please see below some tips that may be helpful for transitioning back to school after the Spring holidays:

1. **Use a visual countdown**. Your child may feel better prepared for the end of the holiday/start of the new term if they can see exactly how many days (or sleeps) they have left before coming back to school. Using a calendar, or a visual chart to count down the days can help with this.

2. **Talk about the holidays**. Talking with your child about the holidays – what they did, where they went and who with, and how they felt, may help them to process what's happening and the passing of time.



3. **School clothing.** Look at school shoes and uniform in the days leading up to returning to school can help children to understand that the change is coming.

4. **The school building**. Driving past the school building can be helpful in building up towards returning to school in the days leading up to coming back.

5. **Ask children to help prepare**. The night before your child goes back to school, involving them in getting their things ready; for example, laying out uniform, can help to reinforce that the holiday is ending and school is starting the next day.

6. **Preparing your child in advance.** Trying to establish the school week routine can be a lot in one go so it may be helpful to introduce steps/ reintroduce routine a few days before school starts again.

7. **Start earlier bedtimes**. Over the school holidays bedtimes can become later than usual. A day or two before school starts it may be helpful to try to slowly introduce earlier bedtimes to help with sleep.

Have a wonderful Spring holiday and we look forward to seeing you all soon.

Many thanks from the Lenzie Meadow Team