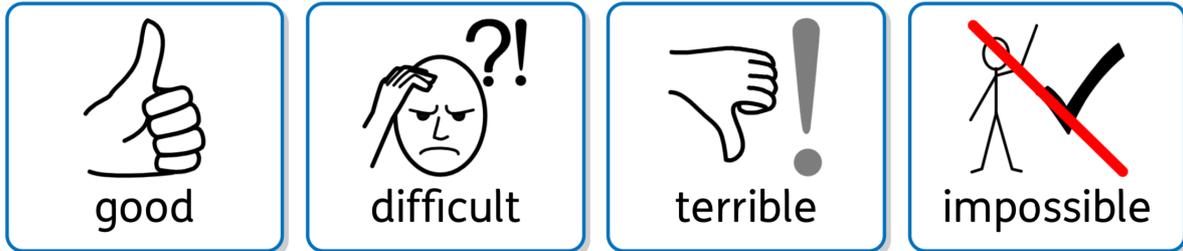


How can I be safe in school?

My name is _____ and I am a pupil at _____ school.

We haven't been allowed to go to school for many weeks now. This was a sudden change and it was very hard for many children. Suddenly we had to get used to a new routine.

We had a big change and had to try to do some school work at home.

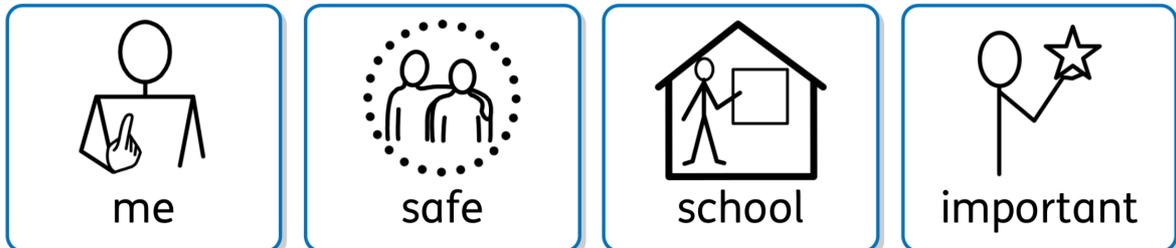


For me this was good / difficult / terrible / impossible.

From the beginning of June, the government thinks it might be safe for some children to go back to school. They think this because most children have not been getting sick from the virus.

Not all the children will be going back at once and my school will let me know when it is my turn to go back to school.

To keep children and teachers safe there are lots of new rules that will change how school happens each day.



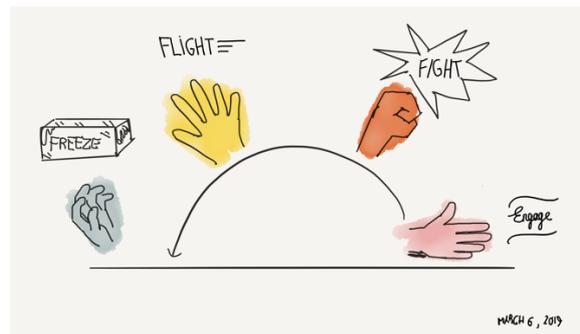
This is advice to try and keep us safe. But what if I don't feel safe?

Feeling safe is important to me. If I don't feel safe it is difficult to do anything else. My teachers will need to understand that if I don't feel safe, I will need time and lots of help to work out how I can be safe. People's brains are not ready for learning when they don't feel safe.

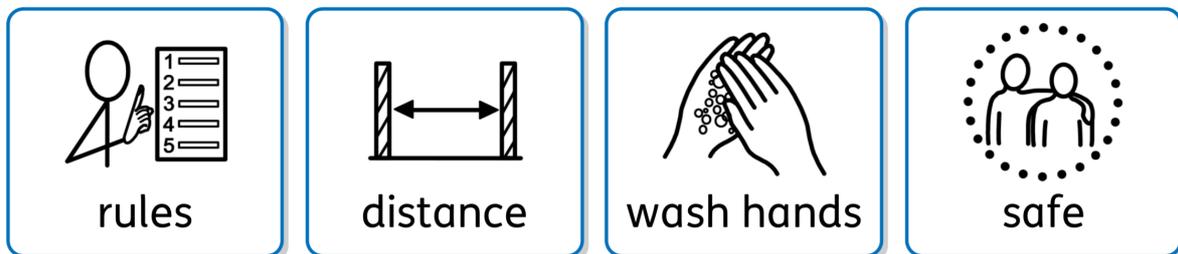


Our brain sends adrenalin into our bodies when we don't feel safe. Adrenalin is a hormone that gives us extra energy if we need to run away, fight or hide from a dangerous thing.

It is important and right that I need to feel safe to go back to school.



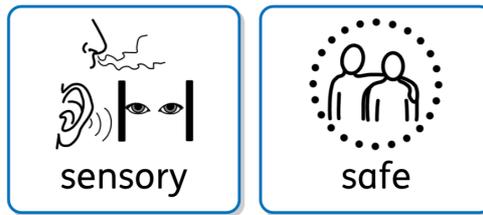
What can help me feel safe? If I ENGAGE (or try) some of these it might help calm my brain and help me feel less scared.



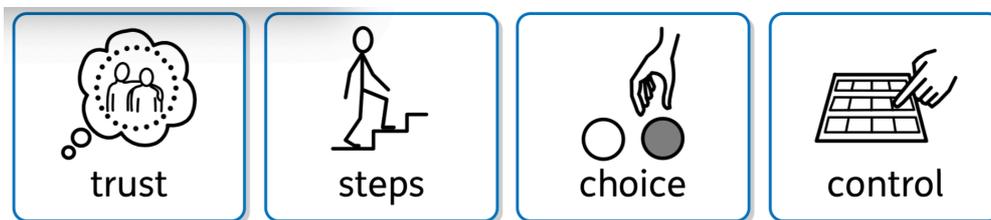
It will probably feel strange and different at school. My teachers will have made some things look different and we will have to work differently when we do go back.

My parent, carer and teachers can help me understand how it will be different.

- **Scientific evidence** – children rarely catch the virus, and they are usually much less poorly than the grown-ups if they do. We don't know if they can carry it between school and home, but we do know that washing our hands is a good way to kill the virus. Washing hands as you move from home to school and school to home is essential. Keeping distance between you and others is important and try not to touch your face.
- **New rules and ways of doing things** – the rules are based on the governments advice that has been sent to school. Headteachers and teachers will work very hard to make sure all the children are as safe as possible. This is a new virus and the rules may change as we learn more about it.



- **Sensory safety** – my senses can easily overload my brain. It could be that my brain needs time to get used to the sensory experience of school again. School has a certain smell and getting used to other voices, noises and spaces again will take time. It won't be the same as before.

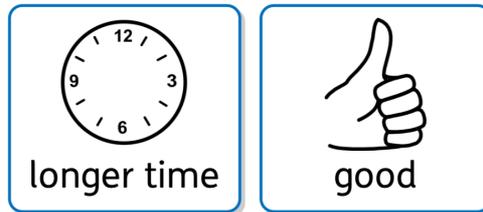


- **People I can trust** - I can chat to my teachers and my teaching assistants before I go back. I can talk to them about being safe when I am at school.
- **Doing things one step at a time** – Writing down the thing I think might be easy to try first and doing them can help. My teachers know I might not be able to do everything all at once. This is okay. To be honest, teachers are finding it hard to go back to school too.
- **Having some control** - Using my interests, having choices, being listened to, deciding how much I can cope with, will be helpful. My teachers will need to know that these things are helpful to me and use them to help me feel safe in school.

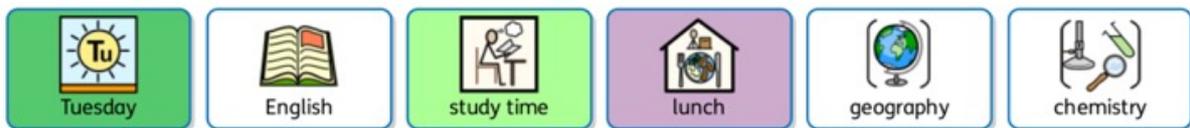
In our lives, it is rare that anything is 100% safe. But we do lots of things knowing that our likelihood of being safe is very high. This is good. Usually school is a safe place for me to be. I can try to go into school just for a short time (even 10 minutes to start with, or longer if I feel okay). Then I can go home.



I can remember that I was safe in that visit. It was okay. Next time I can try to go for just a little bit longer. It is something I can control.



If I don't feel safe at school, my teachers can give me a list of people and things I can do that might help me feel better. This might include sensory activities, doing something I like, or being with people I like. If this helps, it means I can stay a bit longer at school.



My teachers can help me make a timetable of what I could do at school. I can tick off anything I do manage to do. It can include some sensory, some activities I enjoy and some online learning if I have found this a good thing at home. If I don't manage to do it all at first that is really okay.

My teachers know it will take time to get used to coming back to school again. They will not expect it to be easy for me.

It will take time to get used to going back to school. This is how I can learn to be safe in school.