

# Transitioning Back to School



**Parent Kit**

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**With our students returning to school progressively from this week, it will be another period of readjustment for you and your children. As we continue with our Safe Management Measures in school, how can we support them to adapt and settle in this new normal while taking care of our own well-being?**



# Tip #1: Have regular conversations with your child

Having regular conversations helps foster stronger parent-child relationships. It is important to give our children space to share how they are feeling, acknowledge how they think and feel and affirm their positive dispositions. You can ask open questions like:

- How do you feel going back to school?
- What did you enjoy and what do you miss?
- What do you feel anxious about now?
- What do you feel excited about now?



**As they share their thoughts and feelings. you can also share your own thoughts and feelings and offer support to let them know that you are there for them.**

**What are some ways to help your child cope when they are feeling overwhelmed or anxious?**

**Get them to try out these strategies:**

- Listening to music
- Playing a game
- Stop and count to 10
- Talk to a friend
- Draw or colour
- Say positive things to themselves

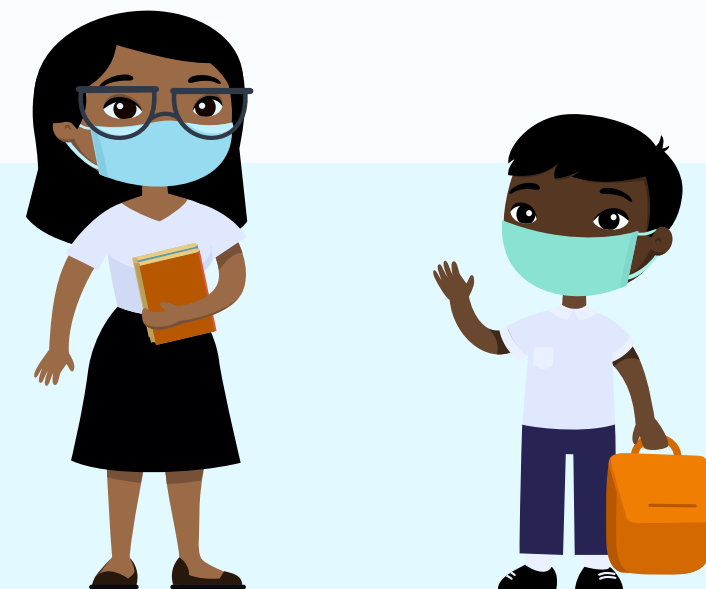


**Be a role model and share with your child some of the challenges and setbacks you have faced, and how you had managed and maintained positivity.**

# Tip #2: Reiterate the measures to keep safe

Your child may be worried about the COVID-19 situation. Take the opportunity to discuss with them how the family can adjust as Singapore moves into Phase 3 with gradual easing of the community Safe Management Measures (SMMs). Remind them about what they can do to keep themselves and their friends safe.

**Wearing a mask:** All staff and students are required to wear a mask at all times. They will only be allowed to remove their masks for meals or during PE lessons.





**Hand-washing and wipe down routine:** Encourage your child to continue the habit of washing their hands regularly with soap and water and wiping down areas after use when they return to school. [Click here](#) to recap with your child the 8 steps to keep their hands germ-free and [here](#) for the wipe down routine!

**No intermingling among peers:** As SMMs are in place, remind your child to follow these arrangements (e.g. fixed exam-style seating in classrooms, staggered recess and dismissal timings) and share why it is important to do so.



## **Share how you will also be playing your part to be socially responsible:**

**Travelling:** If you are fetching your children after school, arrange to meet them further from the school gate to prevent crowding. Do remember to observe safe distancing while waiting for your child. If your child is traveling to school via public transport, speak with them about how they can set off for school a little earlier to help thin out the arrivals.

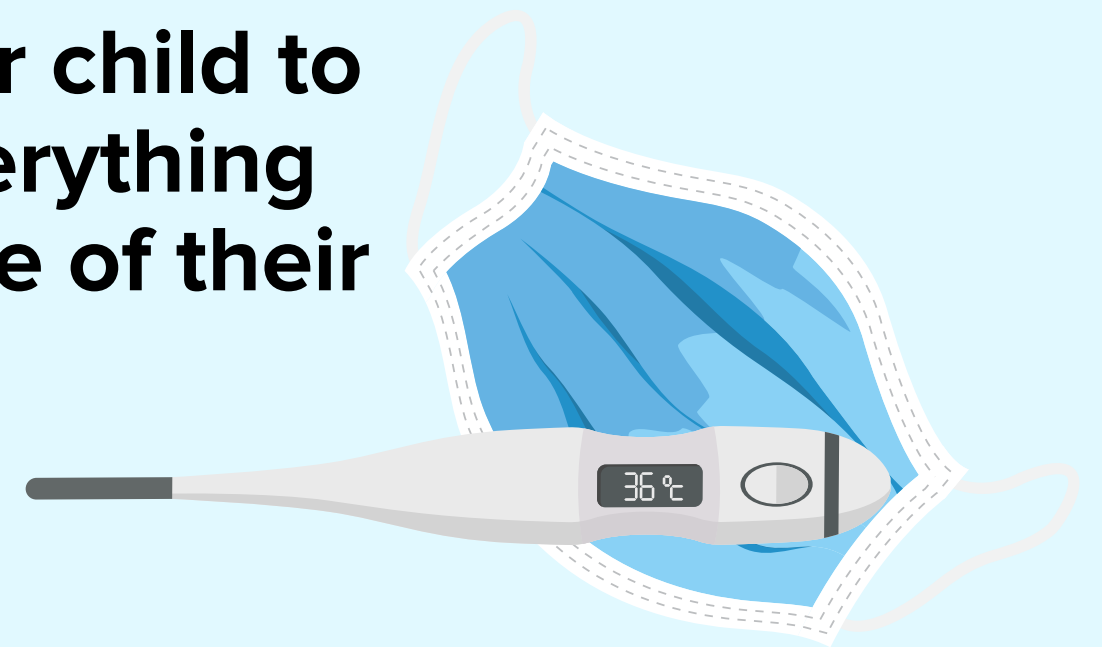


**Be socially responsible:** If there are adult household members on home quarantine/Stay Home Notice or have flu-like symptoms (e.g. fever and cough), inform the school and keep your child at home. They can return to school if your household members are tested negative for COVID-19.

# Tip #3: Guide your child to plan ahead

Planning ahead can help everyone feel in control and gain a sense of security. Teach your child to be responsible so that they prepare everything they need for school and they are aware of their activities for the week.

Use this checklist for school.



## **Thermometer, additional mask(s), and Ziplock bag**

Daily temperature-taking with additional visual and verbal screening will continue to be carried out for all students and staff. If your child is feeling unwell, do ensure they visit a doctor and stay home.



## **TraceTogether Token**

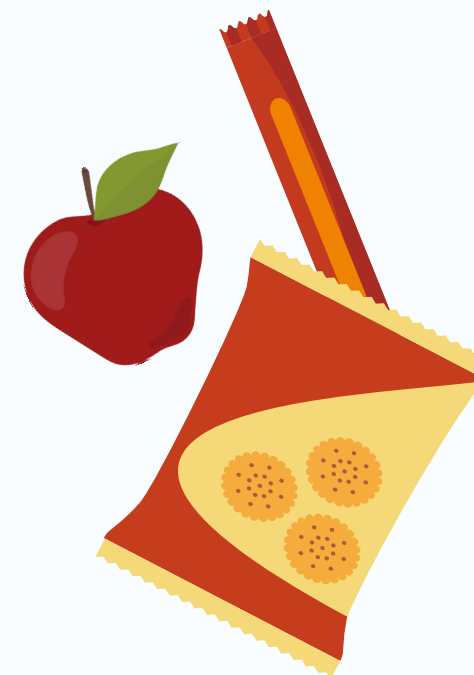
Your child should also bring along the TraceTogether token or app throughout the school day to facilitate contact tracing.

## **Pencil Case/School Diary/Storybook/Items for school**

Empower your child to pack these important items on a daily basis, as they learn how to exercise responsibility and be an independent learner.

## **Money/Snack for Recess or Snack Time**

Help your child make healthy food choices.  
[Click here](#) to find out what constitutes a healthy meal for your child.



## **Uniform, socks and shoes**

It's not easy for you and your child to get up so early every day. Getting your child ready the night before with their uniform ready would help make sure there is enough time for cleaning up, breakfast and the journey to school without rushing.

# Tip #4: Reiterate routines for HBL

Continue the good practices you had put in place during your child's Full HBL by providing conducive spaces for learning and a supportive environment.

Remember that your role is to support your child by creating a space to learn. Take this opportunity to build your child's independence as you encourage them to take greater ownership of their learning in planning their own schedules.

Be patient with yourself as you support them. It is alright if you do not have all the answers to their questions. Encourage them to seek help from other sources available.

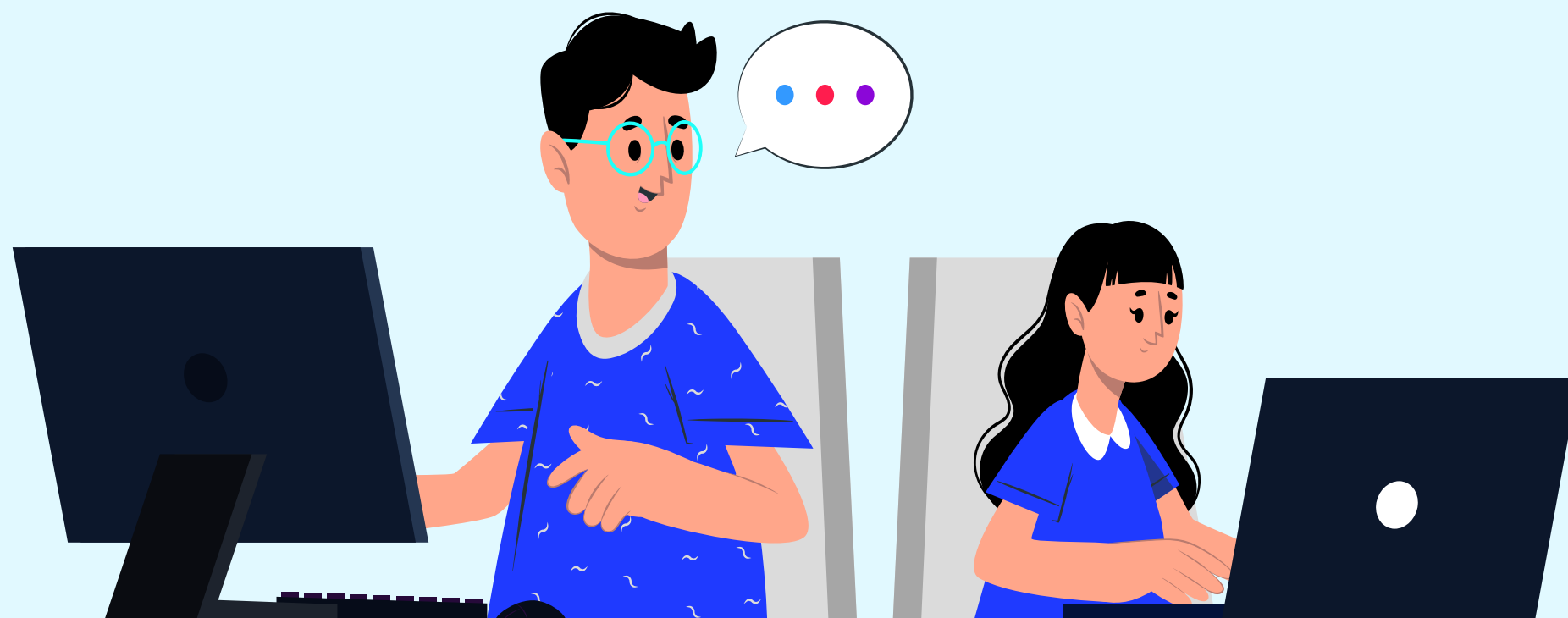


# How can you manage your child's time after they complete their assignment? Think creatively!

Ask yourself what is within your control?  
What can you do differently? What  
resources do you have?

Find alternative ways to use your home  
spaces or to make room for fun.

Give each other space too!



# Tip #5: Remember that you matter too

## Acknowledge Your Feelings

Don't beat yourself up when things do not go as planned. Ask yourself what worked well and what could have been done differently. Talk to a friend or a family member, reflect on your experiences and what can be learned from them.

Alternatively, you could journal your thoughts and express how you feel. Ask yourself, "What am I thinking now?"



## Have “Me Time”

We can only look after others if we are feeling well and strong. Dedicate time each day to yourself, even if it is only 30 minutes.

Go for a walk or take a quick nap. Engage in activities that will help you relax and recharge. Is it time for you to take a pause?

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that you like to do.

You deserve it!



When faced with challenges, it is normal to experience uncomfortable emotions, and it is important to talk about it. Some of you may have felt stretched or overwhelmed juggling your many commitments and guiding your child through Full HBL, while occupying them during the school holidays, but you've gotten through it. Give yourself a pat on the shoulder!

As our children resume school life in the new normal going into Term 3, let's guide, support and role model for them to stay safe, healthy and strong!

**Parent Kit**

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