

It may take some time to settle back into school routines but don't worry, you will soon get used to it. You will be given plenty of time to get back into the swing of things!

Remember that everything the grown ups ask you to do is so we can keep you as happy and safe as possible.

Listen carefully and do as you are asked first time, every time. Remember we are a team so take care of each other as well as of yourself.

If you feel poorly, you must tell a grown up straight away. If you are sad or worried, tell a grown up and we will help you.

Keeping yourself and other people safe at school is even more important after lockdown. You don't need to worry, you just need to think carefully and follow instructions.

**Staying Safe
at School**



**TOP TIPS TO STAY
HAPPY & SAFE AT
SCHOOL!**



Here's the top tips to keeping happy and safe at school:

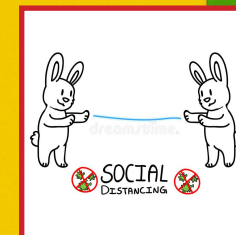
- Let a grown up you trust know if you are worried or sad.
- Talk about what is making you worried or sad if you feel comfortable.
- Listen to your friends and share your lockdown experiences with them.
- Look after each other, let a grown up know if you are worried about someone else.
- Focus on enjoying your learning - Thinking Moves and Learn Without Limits will really help.
- Be smart and let your teacher know if you've forgotten anything - it's not a problem so don't worry. Smart people admit when they don't know something!
- Wash your hands. Lots!



You need to wash your hands when:

- You come into school or enter a room
- When you leave school or go out of a room
- After using the toilet
- Before and after you eat
- If you sneeze or cough
- Any other time a grown up asks you

Washing hands a lot is really important. Grown ups will remind you but you must try to remember as well.



We don't have to keep 2 meters apart any more but it makes sense to keep some distance until we're sure we're really safe so don't crowd each other!