



Coates Primary School



Coates Primary School
The Fold
Coates
Peterborough
Cambs
PE7 2BP

Headteacher: Mrs L Boucher
Tel: 01733 840527
Fax: 01733 840322
E-Mail: office@coates.cambs.sch.uk
Website: www.coatesprimaryschool.info

Dear Parents and Carers,

As you are aware, the government are gradually reducing restrictions as part of their road map out of lockdown. Whilst some families and children might be incredibly excited about this, for others it might bring about new worries or concerns. Although our procedures in school will remain the same, some children might find it difficult to re-adjust outside of school. They may be feeling a little bit nervous or have questions about these changes. They may be confused or worried about the easing of social distancing and feel anxious about having contact again with others, such as hugs, or getting together with larger groups of friends and families.

We have therefore put together the following list of ideas that you might find helpful in starting to prepare your child for the changes ahead:

- Be honest: talk about the changes that are happening and how these will look.
- Ask your child how they feel about hugging others, so that you can pre-warn friends or extended family members if your child is not ready to do this, so they don't feel uncomfortable. Your child might want to suggest something they feel comfortable doing instead like a high five, handshake, elbow bump, wave, smile etc.
- Take small steps: help your child to adjust to the changes by gradually building up activities and gatherings. Think about what you can do that feels 'safe enough'. Going for walks around the block, or to the park may be ideal gentle first steps out of lockdown. You can then gradually build this up when your children feel ready.
- Talk about feelings: keep checking in with your children about how they are feeling and about the changes ahead. Let them know you are there to listen to any worries they may have.
- If your child finds it difficult to talk about how they feel, they could write down their feelings, draw them, or point to visual images, for instance a happy, sad or worried face.
- Reflect and look ahead: Talk about your experiences of lockdown and start to have conversations about what you are all looking forward to being able to do again. Keep talking about how these might look and the measures that remain to keep everyone safe. You might want to look at the website of places you plan to visit, to help prepare them.

Some children might experience anxiety or worry about you at work etc. if they know restrictions have eased. Here are a couple of ideas you could try:

- Draw a heart on their hand so they can give it a little rub if they are feeling worried or are missing their family. You could also draw one on your own hand to let them know that you will be thinking about them too.

- Stitch a small piece of fabric from an old piece of your clothing into the inside cuff of your child's jumper or cardigan. They can then give it a little rub if they need some reassurance. This is a discrete and personal reminder for them if they don't want other children to know about it.
- They can bring in a photo of their parents or family. This will be kept in their individual packs on their desks for them to see.
- Find some relaxing or enjoyable activities that they can do, or you can do together. This may be listening to music, colouring, doing yoga or craft activities.

All children respond and cope differently, so they might have very different feelings about lockdown restrictions easing. There is no right or wrong way for them to feel, so it is entirely up to you whether you think any of the above ideas would be suitable for your child or not. If you have any concerns about how your child is coping or responding to the changes then please feel free to contact Mrs Saberton-Kitch (SENCo) via senco@coates.cambs.sch.uk.

Kind regards

Mrs. Saberton-Kitch
Deputy Headteacher