

# Going Back to School Guide

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Adapted for learners who use English as an Additional Language (EAL) by The Bell Foundation

## Going back to school

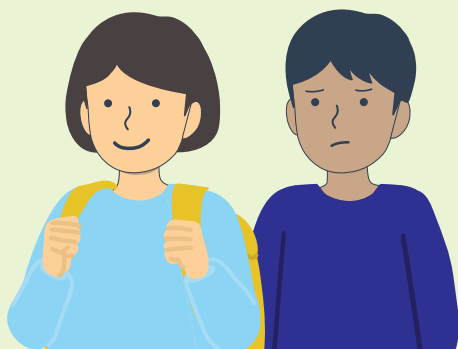
Life is really different now because of coronavirus. Lots of children stopped going to school and everyone had to spend more time at home.

But now, most children in England are back in school. This is because children do not usually get ill from coronavirus.

*'How do you feel about going back to school?'*

Some children went back to school before the summer holidays, so they already know that some things were the same, and some things were different.

If you stayed at home, you may feel excited but also a little worried about going back to school.



It is normal to feel like that.

When you go back to school, some things will be the same, and some things will be different.

### **In this guide we will:**

Tell you about some of the things that will be different at school

Tell you what to do if you feel worried

## Is it safe to go to school?

Children do not usually get ill from coronavirus.

Coronavirus is still here, but fewer people are ill now because people stayed at home. So, the Government believes that it is safe for children to go back to school.

To make school as safe as possible, there will be some changes.

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## What will be different at school?

Not every school will do the same thing. Your school should tell you what will be the same and what will be different. If they do not tell you, ask them.

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## Going back to school again

You are probably very happy to see your friends again, but it is possible that you will miss your mum/dad/carers when you go back to school. That is OK!

Many things will be different at school, and the start of the school year will be difficult for some children. But give yourself some time and you will feel better soon.



## Will I have to wear a mask?

You do not have to wear a mask in classrooms. But sometimes your teachers may wear masks.

In secondary schools in some areas you may have to wear a mask in **corridors** and other **common areas**. This is to keep everyone safe.

If you are 11 or older, you may have to wear a mask on your way to and from school.



## How things will be different in some schools

**Start time** For some children school will start at a different time. This will help people stay away from other people as much as possible.



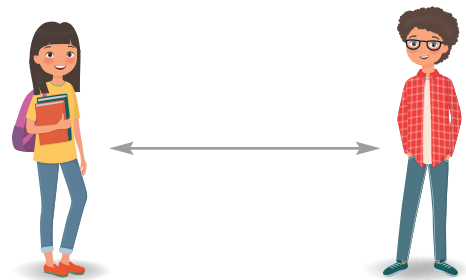
**Washing your hands** You will need to wash your hands often - when you arrive at school, when you return from breaks, when you move classroom and before and after eating.



**Who you spend time with** One way to control coronavirus is to meet fewer people. Many schools will put children into groups or 'bubbles'. You cannot meet people from other groups/bubbles. A group/bubble could be your class or your year group. You will probably have your breaks and lunch at different times to other groups/bubbles.



Schools may also ask older children to keep a distance from other people in their group.

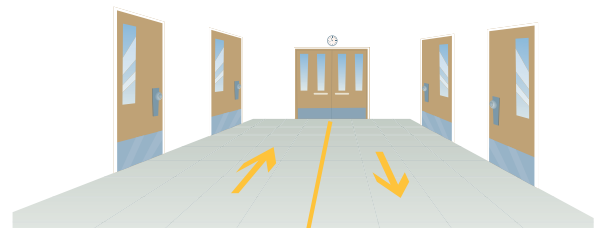


**In your classroom** Some classes will have fewer pupils. In the classroom, your desks may be in different places. For example, there will be more space between desks.

There may be some games, toys and other things that you cannot use.



**Moving around the school** Many schools will have a one-way system to move around the school



## Travelling to and from school

Please walk or ride your bike to school if you can.

If you get a school bus (a bus that is for school children only), your school may ask you to travel with people in your group or bubble. You do not have to stay away from the other children on the bus, but it is a good idea. You will have to clean your hands with hand sanitizer before and after you take the bus.

If you are 11 or older and you are meeting people outside your group/bubble, it is a good idea to wear a mask on a school bus. If you take a public bus or a train, you should try to stay 2 meters away from other passengers and wear a mask if you are 11 or older.



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## Work that you have missed

A lot of children are worried about the work they missed (did not do) when they were at home. Remember - many of your friends probably feel the same because most children had to stay at home for six months.

The Government has given schools some money to help children with the work they have missed. You can ask your mum, dad or carer to ask your school how they can help if you are worried.

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## What you can do if you feel worried

### How are you feeling?

What are you excited about? Write all the things here:

What are you worried about? Write all the things here:

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You can show your answers to an adult (like your mum/dad/carer) and they can talk about it with you. Sometimes we worry about something new because we do not know what it will be like. When we get there, it is not as bad as we thought. And all that worry was for nothing!

It is a good idea to be prepared. Ask your school to tell you about the things that will be different. You can think about these changes and when you go back to school, you will be prepared for them.

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## Who you can talk to

If you have a school counsellor, they are there to listen to you and help you.

Childline offers online and telephone help:

**[www.childline.org.uk](http://www.childline.org.uk)**

**0800 1111**

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## Some tips on hygiene

We all need to wash our hands often.

Click on the video below. It shows you how to wash your hands well.

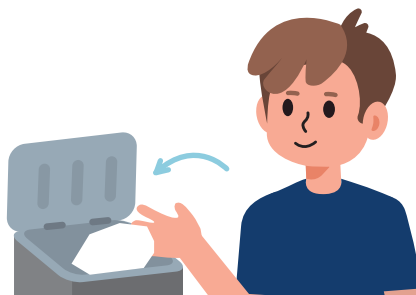


When we cough or sneeze, we can make other people ill.

### Remember:



Cough or sneeze  
into a tissue



Put the tissue  
in the bin



Wash your hands  
carefully

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