

# 5 Ways to prepare your child for returning to school

Where students have been experiencing school remotely for the last 8 weeks, returning to 'face-to-face' school life may seem a little daunting!

Here are 5 ways can support your child to prepare.



1

## Return to old routines

Practise getting up at the time your child needs to in order to have breakfast, get ready and travel to school for the time designated for their year group.

2

## Organise uniform

Your child may have grown a lot in 8 weeks so check your child's uniform still fits. Please find all the [details about school uniform here](#).

3

## Make a list

Make a list of everything that your child will need for their first day. Remember they will need at least one face mask, and it is recommended that they also have a plastic bag to store their mask in should they wish to take their mask off in their year group zone.

4

## Check timetables

Help your child to identify when they have PE or Dance on their timetable, so they know when they will need to wear their PE kit to school. Students are able to wear black sports leggings or black tracksuit bottoms along with their Wildern jumper on colder days. From after Easter, students can wear their green PE shorts if they want to as the weather will hopefully be warmer.

Your child may also want to remind themselves of where their lessons are and how they will use the [one-way system](#) to arrive to their lessons punctually.

5

## Prepare for your child's Covid test

Read through all of [the information](#) regarding the Covid test with your child so they understand what to expect. The [government guidance](#) on the technology behind the lateral flow tests is a reliable source should your child want to know more about the process.