

TRANSITION FOR ALL

Week 4

Back to school at home today!

I trust you all had a wonderful Easter break. Weren't we fortunate to have such lovely weather. I hope you had a chance to get out in the sun, even if for just your daily exercise. On my daily walk I am finding it lovely to see families spending time together, even if it is just a 20/30 minute walk around the local area. I am a big fan of finding the silver linings in any situation and seeing families laughing, joking and spending quality together is certainly one of those!

Now we are all back at school (at home) what are your plans? Do you have a new routine in the home? We have certainly reverted back to the pre-holiday routine and our children have already struggled with having to get up early again! Goodness knows how they will cope when the morning alarm goes off at 7am again once they have to leave the house to go to school!

Share your 'back to school' stories with me at

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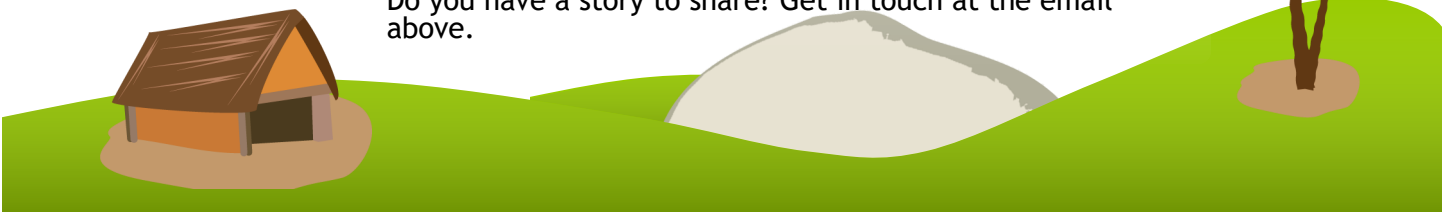
You are not alone

This weeks example of how we are all in a similar boat is from Hari Ghuman, year 4 at Hargate Primary School. His mum was kind enough to send me a piece of writing that he has produced and has given me permission to share it. Over to you Hari:

This disease has made an impact on schools attendance, although the school says I can come in because my parents are key workers my mum and dad won't send me to school otherwise if I get Covid 19 and pass it onto Johan he will really suffer because of his coeliac. My mum and dad are working from home so me and Johan have to play together inside. We don't get along with each other and when he cries mum and dad come to sort out the problem. Sometimes we can go in the garden if there is suitable weather. Now I feel pretty disappointed about this virus but things happen that you don't want to happen.

I wonder how many of our children feel the same as Hari? Thank you for letting us share your story and I hope the good weather remains so that you can get out into the garden more often.

Do you have a story to share? Get in touch at the email above.

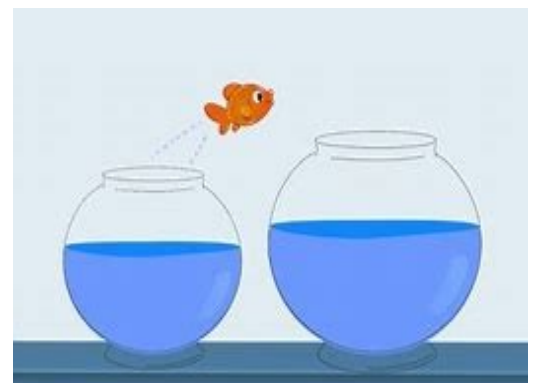


Transition support

This week has seen the announcement of primary school places for September and of course back in March the secondary school places were announced. Over the next few weeks I am going to share some thoughts with you about how to prepare your children and the wider family network for the changes that are coming your way! Some might be phase specific and others will be general ideas to prepare for change. Please do let me know if there is any in particular you would like some support with.

This weeks offering is simple! **Don't panic.** It feels very odd to think that there is a chance that the children have already finished one stage of their education and could possibly return to schools in a new one. I am here to guide you through the possible pitfalls though.

We must remember that whilst change can be scary it can and also should be exciting. Over the next few weeks I will be focusing on how we can harness the excitement.



“Your family is the best team you could ever have.”

Do's and Don'ts

Do - Keep talking. To friends, relatives and neighbours. Using technology or face to face chats over fences or across the street. Keeping your distance does not mean stop talking!

Don't - Let that conversation be negative. Focus on the good things going on right now.

Do - Try to keep up with all the school work that is being set by teachers.

Don't - Try to BE a teacher! You are still mum, dad, carer, aunty, uncle.... Even if you are a teacher usually, the role you have at home is more important right now. Support your child through this but don't let it stress you out!

