
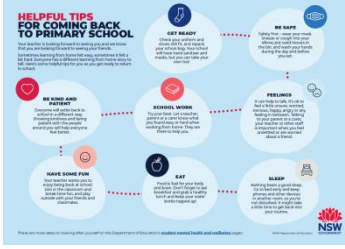



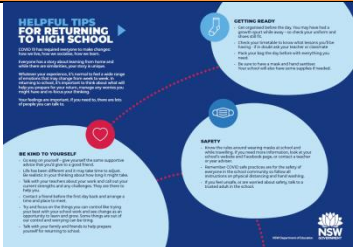
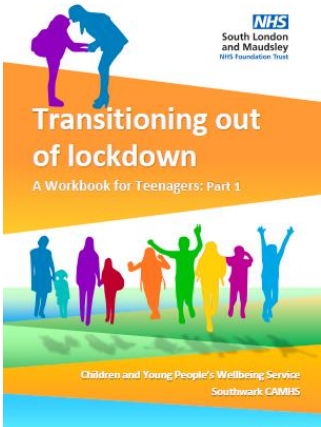



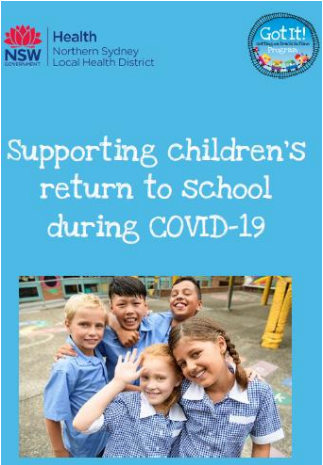
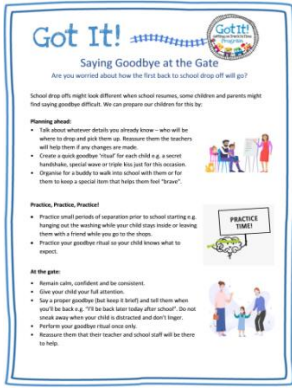


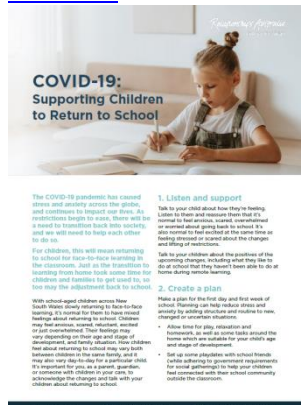



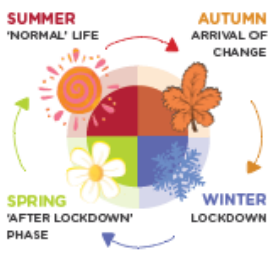
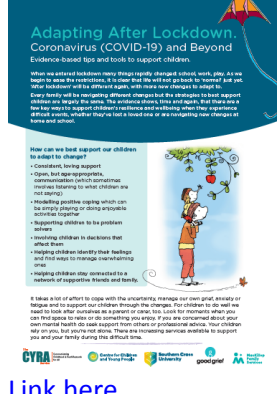



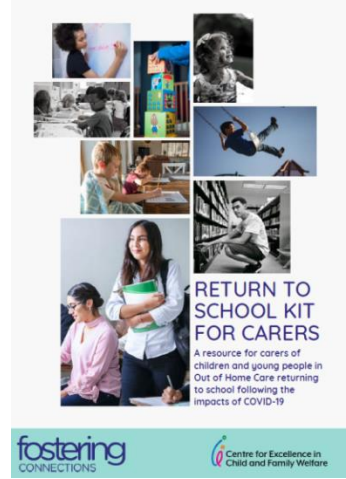

A collection of resources to support the return back to school after learning from home during COVID-19

Resource & Author	Description	Audience	Resource link
For schools			
Body Brain Belonging Back@School in a COVID world School-Link South Western Sydney Local Health District	This resource will help guide schools to support staff and students emotional wellbeing. Listed are tips, strategies and resources to support both teachers and students return to school, with a focus on sensory strategies.	Schools	 Link here
Rise UK	Resource for students who school refuse	Schools	Post Covid restrictions, school refusal action plan
For primary school aged children			
Helpful tips for coming back to primary school NSW Department of Education	This website has lots of tips but we recommend the one page PDF which provides simple tips at a glance. We also love this video on Who can I talk to at my school? , should students need support. The video is half way down the page.	Primary aged children	 Link here
Activity sheets for children to help them process their feelings about going back to school. Got it! Northern Sydney Local Health District	Children may be experiencing a range of emotions. It is important for children to know that the emotions they are feeling are ok. The activity sheets prompt children to reflect on these emotions, as well as who they can talk to about their feelings, things they missed at school whilst they learned at home, and things they are looking forward to going back to school.	Lower primary aged children Upper primary aged children	Worksheet for younger children (infants) Worksheet for primary aged children
Tip sheet Amaze Victoria https://www.amaze.org.au/returntoschool2020/	This resource provides tips for primary school students returning to school. The topics covered include: school being different in some ways; changes to rules; and tips on keeping calm.	Autistic primary school aged students	Tips for returning to school for autistic primary students 

Social stories			
<p>I am going back to school Down Syndrome Resource Foundation (Canada)</p>	<p>A social story about going back to school after Covid-19 closures.</p>	<p>Children with intellectual disability</p>	<p>I Am Going Back to School</p>  <p>Link here</p>
<p>Returning to 'normal' activities Aspect Australia</p>	<p>A social story about returning to normal activities including school for children.</p>	<p>Children with autism and/or intellectual disability</p>	<p>Returning to 'normal' activities</p>  <p>Link here</p>
For high school aged young people			
<p>Helpful tips for coming back to high school NSW Department of Education</p>	<p>This website has lots of tips but we recommend the one page PDF which provides simple tips at a glance. We also love this video on Who can I talk to at my school?, should students need support. The video is half way down the page.</p>	<p>High school aged students</p>	 <p>Link here</p>
<p>Transitioning out of lockdown: A workbook for teenagers part 1 NHS (UK) Southwark CAMHS</p>	<p>This document is a series of workbooks to help young people manage their feelings and rebuild their confidence as we transition out of lockdown and back to our everyday activities.</p> <p>We especially love the worksheets which introduce the concept of a back up team, however all the sheets are relevant and useful.</p>	<p>All teenagers</p>	 <p>Link here</p>
<p>Tip sheets Amaze Victoria https://www.amaze.org.au/returntoschool2020/</p>	<p>1. This resource provides tips for secondary students returning to school. The topics covered include: expect some changes to routines; tips on keeping clean and healthy; and how to seek support. 2. This resource answers questions secondary school students may have including information on how schools are working to keep students, teachers and staff safe; possible changes to the school environment; and what students can do if they are worried.</p>	<p>Autistic secondary school aged students</p>	<p>1. Tips for autistic secondary students returning to school and 2. Returning to secondary school: frequently asked questions</p> 

For parents and carers			
<p>Returning to school after lockdown and isolation</p> <p>SCHN School-Link</p> 	<p>This is a collection of tips to return to school and includes a list of useful phone numbers, apps and websites should families need more support with wellbeing.</p> <p>Other Covid resources are collated here.</p>	<p>Parents and carers</p>	 <p>Link here</p>
<p>Supporting children's return to school during covid-19: pamphlet for parents</p> <p>Got it! Northern Sydney Local Health District</p>	<p>The guide explains that children have experienced big changes recently and may find the transition back to normal schooling difficult.</p> <p>The guide offers insights on:</p> <ul style="list-style-type: none"> – Maintaining connection whilst setting boundaries, – Things to do to prepare, – How to talk to your child about returning to school, – Importantly, where to go for further assistance. 	<p>Parents and carers</p>	 <p>Link here</p>
<p>Saying Goodbye at the Gate</p> <p>Got It! Nepean Blue Mountains Local Health District</p>	<p>This guide provides practical advice and tips for how to navigate the school drop off transition. There are three tips sheets in the series:</p> <ol style="list-style-type: none"> 1. Preparing to return to school 2. Re-establishing routines 3. Saying Goodbye at the Gate 	<p>Parents and carers</p>	 <p>Link here</p>
<p>Website</p> <p>Department of Education</p>	<p>Helpful tips for parents and carers to support children</p>	<p>Parents and carers</p>	
<p>Helping children transition back to school in the COVID-19 era</p> <p>Australian Psychological Society</p>	<p>This information sheet provides advice to parents and carers on how they can support children transition back to school, with some specific tips for children with cognitive and behavioural challenges.</p> <p>The APS have many other COVID-19 resources here</p>	<p>Parents and carers</p>	 <p>Link here</p>

<p>Covid-19 supporting children to return to school</p> <p>Relationships Australia NSW</p>	<p>Pamphlet with tips and strategies for families to support their children's return to school after COVID-19</p> <p>There is also a version for parents on how to mentally prepare to return to the office.</p>	<p>Parents and carers</p>	<p>Link here</p> 
<p>Articles</p> <p>Beyond Blue</p> <p>Professor Brett McDermott, a child and adolescent psychiatrist</p>	<p>Managing your child's transition back to school</p> <p>How to help your teenager transition back to on-site learning</p>	<p>Parents and carers of primary and high-school students</p>	
<p>Managing the transition out of lockdown</p> <p>SCHN Eating Disorders Service</p>	<p>Advice for parents and carers of young people with an eating disorder. Tips and strategies to help them transition out of lockdown, back to school, and re-engaging with friends and community.</p>	<p>Parents and carers of children with eating disorders</p>	 <p>Link here</p>
<p>Article</p> <p>Learning Links</p>	<p>Helping children transition back to school and life after lockdown</p>	<p>Parents and carers</p>	
<p>Adapting after lockdown</p> <p>CYRA service, Centre for Children and Young People- Southern Cross University, Good Grief and Mackillop Family Services.</p>	<p>This brochure is useful in highlighting the main messages to convey to children and comparing seasons to change.</p> 	<p>Parents, carers and schools</p>	 <p>Link here</p>
<p>Tip Sheets</p> <p>Amaze Victoria</p> <p>https://www.amaze.org.au/returntoschool2020/</p> <p>(Victoria)</p>	<p>1. This resource has different tips on how you can support your autistic child as they return to school. Topics covered include: talking to your school; routines; supports; transition planning; and understanding any changes to behaviours.</p> <p>2. This checklist covers the different things you can do to ensure your autistic child is best supported for the return to school.</p>	<p>For parents and carers of autistic young people</p>	<p>8 ways to prepare your autistic child for going back to school</p> <p>And Checklist: Supporting your autistic child's return to school</p> 

<p>Return to school kit for carers</p> <p>Fostering Connections</p> <p>And</p> <p>Centre for Excellence in Child and Family Welfare</p> <p>(Victoria)</p>	<p>Return to school kit for carers and families for children and young people in OOHC</p> <p>This is a detailed resource kit including how to start conversations, practical ideas to prepare young people, work sheets for young people, information on mental health including school refusal, etc.</p> <p>Useful worksheet for children on page 13.</p>	<p>Carers of children in out of home care</p>	 <p>Link here</p>
<p>Post Covid restrictions, school refusal action plan</p> <p>RISE – UK-Based</p> 	<p>Detailed (over 20 pages) resource kit for use by schools, families and young people to assist in the transition back to school post Covid-19 where there is school refusal (new or pre-existing) See the page here</p> <p>Whilst a UK based resource there are lot of good tips in a staged/timed approach in transitioning back to school for children who will need detailed planning.</p>	<p>Parents and schools with children who are school refusing</p>	<p>Post Covid Return to School School Refusal Action Plan for Primary Students</p> <p>Post Covid Return to School School Refusal Action Plan for Secondary Students</p>