



Autism Advisory and Intervention Service

Education Restart

Supporting my Child's Education Restart



Supporting a Smooth Return to School

School staff continue to work hard to ensure all children feel safe and calm once they return to the classroom. There will of course be changes to the school environment, making it both physically and emotionally safe for staff and pupils alike. As your child returns to school, staff want them to feel happy entering into an inclusive and supportive environment where people are genuinely delighted to see them.

Recent research conducted at Reading University (<https://www.reading.ac.uk/news-and-events/releases/PR837601.aspx>) highlights the importance of allowing children both time and space to play and to re-connect socially with their peers. Your child may have mixed feelings and attitudes about coming back to school; be alert to how your child is feeling as they might have a particular worry about returning to school. Addressing this beforehand with a reassuring and honest approach will be beneficial for reintegration.

One practical way in which you as parents can assist school staff is by building up consistency and predictability around hygiene and safety rules, preparing your child for their return to school. Each child is unique and will have had different experiences during lockdown.

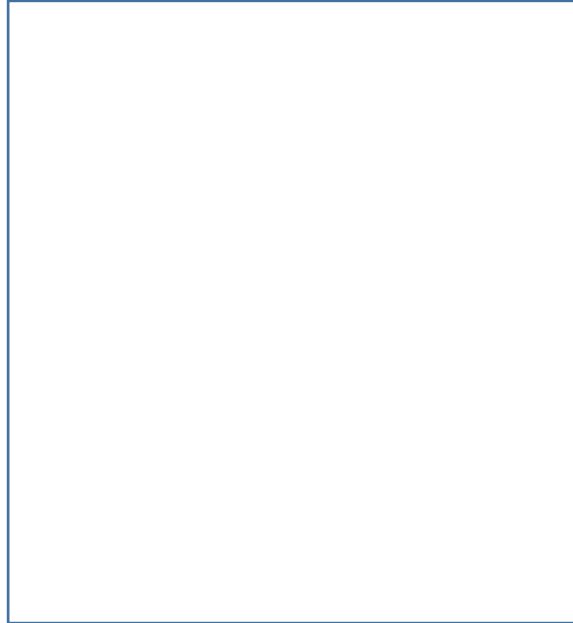
This booklet aims to support your child's smooth return to school by outlining some of the questions your child may have. Preparation is key, you can start by reading through this booklet and the supporting resources within the '*Returning to School*' Pack. Once you are familiar with the resources you can select the most appropriate to use with your child.

Introduce the resources to your child when they are calm and able to receive this new information. You may wish to use a '*first and then visual*' to break up the tasks ensuring motivators are also provided. Keep the conversation positive and stay up to date with information from school as it becomes available to help support a positive narrative.

There may be questions that you do not know the answer to; you could highlight these or create a list that you need to ask school. This is an opportunity to demonstrate good modelling for problem solving. This is a challenging time for adults as well as children. Remember, to look after you own well-being too. You may wish to refer to previous packs such as '*Emotional Regulation*', '*Movement & Breaks*' or '*Maintaining a Routine*.'

Getting to Know my Teacher

This is a photograph of my teacher



Some information about my teacher

| | |
|--|--|
| Name: | |
| Favourite food: | |
| Favourite animal: Any pets? | |
| Favourite Sport: | |
| Favourite colour: | |

| | |
|--|--|
| Favourite Film/book: | |
| Favourite music: | |
| Favourite place: | |
| Hobbies: | |
| Something new my teacher would like to learn: | |
| Something that makes my teacher happy: | |
| Something that makes my teacher anxious and how s/he deals with this: | |

Please note that this resource could be easily adapted dependent on the age/ability of the age group using it. For example, younger age groups might prefer to present this information pictorially whilst older age groups might prefer to reference different categories.

What will my classroom look like?

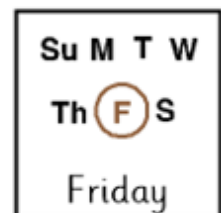
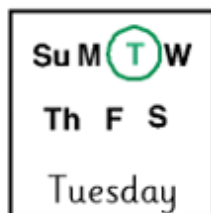
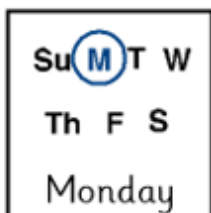
Insert picture here:

What will my desk look like?

Insert picture here:

What will I need for school?

Insert resources required here eg remember to wear PE kit, remember to bring own pencil case



When I will be in school?

The following visual can be used to allow the child to make connections when there is school, home school or no school. Use the *No School* symbol during school holidays.

Key:



Example



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| | | | | |

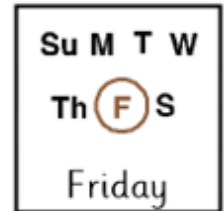
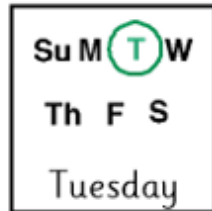
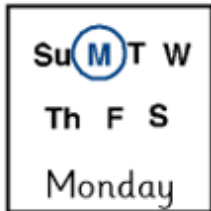


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| | | | | |





What work do I need to do at home?



How will I know what to do at home?



Will my teacher help me if I am working from home?



Do I need to wear a face mask in school?



Will my teacher wear a face mask or visor?



Will I have to wash my hands more often?



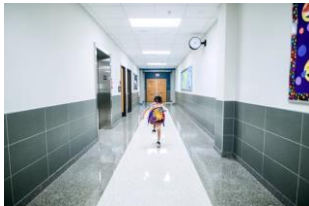
Will I have to bring my own pencil case and equipment?



Will my books look different?



Where I will go at break and lunch time?



Which door will I enter and exit?



Where will I go during a fire drill?



Who will be in my school 'bubble'?



Who will I speak to if I need help?



Do I need to wear my uniform?



Where will I hang my coat/ school bag?

Useful websites and videos

AAIS Resources

<https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais>

Government Coronavirus Guidance 'New School Day'

<https://www.education-ni.gov.uk/publications/northern-ireland-re-opening-school-guidance-new-school-day>

YouTube Video Links

Two Meters Away-Social Distancing Song <https://youtu.be/3nQgTywKmvQ>

Wash your Hands (Covered in Bubbles) <https://youtu.be/oxu2oSzRQAY>

Free online course link [Preparing Autistic and SEND children for going back to school](#)

Practical Advice and Resources

www.schudio.tv (free courses available)

www.twinkl.co.uk

Sign up to 'MyWorld' on: www.autism.org.uk (free resources)

Reach Out ASC Resources

Coronavirus Home and School Transition Resources -

<https://www.reachoutasc.com/resources/transition-to-new-class>. There are a range of resources available on the Reachout ASC website, outlined below are links to those that you may find most valuable:

About my Feelings

<https://www.reachoutasc.com/attachments/article/13/About%20my%20feelings.pdf>

My Lockdown Experience

<https://www.reachoutasc.com/attachments/article/13/My%20lockdown%20experience.pdf>

What is a School Bubble?

<https://www.reachoutasc.com/attachments/article/13/School%20Bubble%20SS%20.pdf>

How can I be Safe at School?

<https://www.reachoutasc.com/attachments/article/13/SS%20How%20can%20I%20be%20safe%20in%20school.pdf>

