

# BACK to SCHOOL



Schools have been working very hard over the summer to make it as safe as possible for you to go back to school in September.

- Schools have given priority to supporting students with returning to learning and supporting you with any mental, physical, and emotional needs that you might have.
- **It's ok not to be ok, and to ask for help if you need it.** Many young people will be feeling the same way as you- you are not alone if you are finding things difficult.

For more information, please click [HERE](#)

## INTRODUCTION

Because of world events, you might feel those around you dismiss your concerns and feelings. Many things may feel uncertain right now, remember that it's OK if you feel a bit lost. You are not alone. There are a lot of young people feeling like this. Reach out to friends and talk to your teachers, share your experiences, and stay connected with others who are in the same boat.

It can feel scary and overwhelming when we don't know what will happen, and a lot of it will be out of our control. Identifying the things that you do have control over, and those you do not can make this feel a bit more manageable.

Fiona Barrett,  
Connexions Manager

This leaflet has simple bits of information that will help ease our return to school.

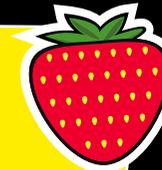
Jussira, Loxford School



## HEALTH:

- There is a school nurse to support you with both physical and emotional difficulties you may be having. **Kooth** is a free and confidential online mental health support service for young people.
- Keeping yourself physically healthy will help you to deal with any emotional difficulties you may have. This could include cycling, walking, and going to the park.
- Prepare to go back to school – this will include how you will get there, what you are going to need, and giving yourself enough time to get ready for school.

For more information on support services, please click [HERE](#)



## YOUTH SERVICE

**Redbridge Youth Service is here for you;** we offer a range of enjoyable opportunities around the Borough. For more information check out our **WEBSITE** and Instagram page – **Redbridge youth**

Redbridge is working towards being a Child-Friendly Borough. To help with this, every school has elected a Child-Friendly Redbridge Ambassador to represent you. They are the link between your school and Redbridge Council.



## TOP TIPS

1. **Acknowledge what you are feeling:** Think along the lines of 'I am feeling anxious about my school work, but I also am excited to see my friends.'
2. **Focus on what you can control:** Going outside can be stressful, but you have no choice. So, focus on things you can do to stay safe - handwashing, face coverings. Do your research – find out what your school is doing to keep you safe. Check out your route to school.
3. **Be in the moment and take things as they come:** Spending endless time thinking about what school might be like- you will lose touch with what is happening now. That doesn't mean you don't plan for the new normal, but once the planning is over, return to the present.
4. **Take a few days to ease back into school:** Take time to get used to the back-to-school routine, so get back to going to bed early, getting up in time for school, and eating regularly. However, just because it feels like going back to normal, you still need to follow social-distancing measures and health and safety procedures.
5. **Focus on the positive:** When we first heard about Covid-19, it was like an apocalypse. But it's been months, and we're still here. We are resilient, and we will bounce back. Just remember, you can overcome this if you stand together.

School will not be the same – so be open-minded to your new routine, and find your way with it.

## VISION RCL

- **Achieve better in school** - aim to read at least one new book each week, you can get new books from Redbridge Libraries search the online library catalogue [HERE](#) If you're not already a library member you can, sign up [HERE](#)
- **Stay active** - take part in 60 minutes of physical activity every day; this can include walking or cycling to school, going to your local leisure centre, click [HERE](#) or maybe you would prefer to be play sport as part of a team, search for a local sports club [HERE](#)
- **Enjoy the great outdoors** - use your local park, click [HERE](#) to have some fun with your friends, play a game of tennis or basketball.



## TRAVELLING TO SCHOOL

### By bus

TfL will be putting on some additional school buses. However, if your journey is under 6 stops - walk or cycle instead, where you feel safe to do so. If you take the bus - avoid unnecessary and short bus trips, make sure you have a face covering and follow the latest guidelines when using public transport.

Bus drivers should not leave you behind if all the seats are taken. Keep up to date with your TfL Zip oyster card [HERE](#) as free travel may be withdrawn over the autumn half-term break. TfL will be updating their information regularly so keep a look out for that to help you with all your travelling.

### By foot or bicycle

If your journey is under 2 miles you can walk or cycle it in less than 30 minutes. Plan your route and look at different options, use travel apps and think about which routes have better air quality. Travel with friends, so you can chat and you will feel safer. If you are cycling-ride responsibly, you can go to TfL online cycle training course [HERE](#) for useful tips. Free family group cycle training with an instructor is also available [HERE](#)

### By car

You may choose to travel by car. If you do, then get dropped off or park at least 10 minutes' walk from the school gates; this will reduce congestion and improve the air quality outside your school.

For more information contact the **smarter travel team**



*During June, I was one of the few who went back to school. It was as if all the pictures and news headlines had come into reality. As I walked to the gates, my temperature was checked before I entered the building. There were only five or six people in my classroom, and instead of us having to move to different classes, the teachers just switched. We were also expected to clean our hands regularly. During a break, we were expected to maintain social distancing. Although there were many changes, I knew it wasn't just me going through them, and it was everyone. Honestly, these changes are adaptable, and after a few days, it will seem like the new normal. It is like getting a new timetable at the start of the year, it seems strange at first, but you quickly get used to it. Good luck!*

*Honestly, change is adaptable; it is not just you going through it. So, don't overthink it!*

**Faiza, Ursuline Academy Ilford**

*I cannot wait to go back to school. This quarantine has been somewhat relaxing, however stressful too, and I can't wait to see my friends after months and finally get back to school.*

**Aliza, Park School**



## CAREERS

The link below is the **CURRENT** guidance for those who should have taken exams this year and the current plans for next year's exams. Please remember these can change, your teachers will keep you updated.

Click [HERE](#) and [HERE](#)

For general information about what to do after year 11 click [HERE](#)

If you are in year 13 and applying for University in 2021, you can find everything you need to know [HERE](#)

You may be concerned about your predicted grades as you haven't had any year 12 exams, but please remember that all young people will be in the same position, which will have to be considered.

If you have any questions or concerns about employment or want career advice, you should be able to access 1-2-1 Careers support through school.

There are also Redbridge Connexions advisors to provide guidance on next steps, call 020 8708 2600 or contact us [HERE](#)



## USEFUL WEBSITES

[Young Minds](#)

[Sport England](#)

[The Student Room](#)

[Returning to school after lockdown](#)

[What next](#)

[Mind UK](#)

[Covid-19 safer travel information sheet](#)

[LBR cycling web page](#)

Journey planning apps:

- [TfL Go](#) only on apple store
- [Citymapper](#) or on apple/google play store
- [Clean Air Route Finder](#)
- [Schools Atlas](#) (Shows you quickest journey to school and creates walking/cycling zones)
- [Secondary School Home Learning Activities](#)

[TfL Safer Journeys Video](#)