



Whitstable Junior School

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Friday 26th February

Dear Parents and Carers,

Hello and welcome to our first **Feel Good Friday** letter after half-term. We hope you were all able to take the time to relax and spend time together as a family.



It won't be long now until we welcome the children back to WJS, and we are really looking forward to seeing them! We hope the children are excited too, but we know some will be worried about returning to school. Here are some ways to prepare for the return on the 8th March, to help you and your children feel a little less anxious about it.

Be Positive

Try to discuss the return to school in a positive way. Ask open questions like, "How are you feeling?" and show that you are in control of the situation – this will help the children feel safer.

Ask your child to think of 3 things they are excited about for school – this might be seeing their friends, seeing their teacher, or having their favourite lessons again.

Many of us have found time to do new things as a family or new hobbies during lockdown – talk about what you can keep doing together as things return to the new normal. This will help children to remember that not everything will change, and some good things can be held onto.

Outside In

If you're worried about potential separation anxiety, try taking small steps towards spending time apart over the next week. There's also the outside-in approach, where you could take your daily walk past our school entrance, and give gentle reminders about the return to school and what this will mean – packed lunches or school dinners, seeing friends, wearing uniform again. When it comes to dropping off on the 8th of March, keep it short and sweet. We'll be there to greet your children, and they can focus on the excitement of school and friends rather than the sadness or anxiety of saying goodbye to you.



We have all been working hard to make school a safe place, and we are looking forward to having it more full of happy faces and developing brains!

Best wishes,

Shannon, Leanne and Ms Collin
The Well-Being Team

