



# Top Tips – Return to school



Any period of transition, including returning to school, can cause anxiety so careful preparation will be needed to help children manage this change.

Involve children in the process and arrangements, including details that might seem trivial, such as:

- which room they'll go to first
- what time they'll go there
- how long they'll be there
- why they'll be there
- what will happen next.
- A visual timetable may help.

**Please stay safe and take care.**

The Additional Learning Needs Team

**Website Links: NHS Worcestershire Health and Care NHS Trust – This website has a whole section for getting through COVID 19 - <https://www.hacw.nhs.uk/sltcovid19>. We would encourage you to take a look at the website using the link above. We have highlighted some direct links below to resources we think may help you at home and school.**

<a href="http://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n2126.pdf&amp;ver=3975">http://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n2126.pdf&amp;ver=3975</a>	Going out Visual resource - what are the rules?
<a href="http://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n2011.pdf&amp;ver=3820">http://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n2011.pdf&amp;ver=3820</a>	A story about coronavirus
<a href="https://www.autismspeaks.org/sites/default/files/We_Wear_Masks_COVID-19.pdf">https://www.autismspeaks.org/sites/default/files/We_Wear_Masks_COVID-19.pdf</a>	A simple story to support children in understanding why they see everyone wearing masks.
<a href="https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n1956.pdf&amp;ver=3745">https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n1956.pdf&amp;ver=3745</a>	Visual - Handwashing
<a href="https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n1810.pdf&amp;ver=3472">https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n1810.pdf&amp;ver=3472</a>	Visual - How to stay healthy during COVID 19.
<a href="https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n2129.pdf&amp;ver=3978">https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n2129.pdf&amp;ver=3978</a>	Keep healthy and wash my hands.
<a href="https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n1836.pdf&amp;ver=3529">https://www.hacw.nhs.uk/download.cfm?doc=docm93jjm4n1836.pdf&amp;ver=3529</a>	COVID 19 Problem Planner

**Website Links:**

Another great website is <https://www.reachoutasc.com/>. The website is created by Lynn McCann Autism Specialist. Please find links below that may be helpful.

<a href="https://www.schudio.tv/courses/preparing-autistic-send-children-for-going-back-to-school">https://www.schudio.tv/courses/preparing-autistic-send-children-for-going-back-to-school</a>	Preparing Autistic & SEND Children for going back to school  This short, video-based online course provides practical help and resources to help you prepare your Autistic and SEND children to go back to school when the time comes.  Enrol for free for a limited period of time.
<a href="https://www.reachoutasc.com/resources/transition-to-new-class">https://www.reachoutasc.com/resources/transition-to-new-class</a>	Social Story - Going back to school sometime
<a href="https://www.reachoutasc.com/attachments/article/13/Easy%20read-%20Safe%20in%20school.pdf">https://www.reachoutasc.com/attachments/article/13/Easy%20read-%20Safe%20in%20school.pdf</a>	Social Story – Safe in school
<a href="https://www.reachoutasc.com/attachments/article/13/Going%20for%20a%20walk%20is%20a%20safe%20thing%20to%20do.pdf">https://www.reachoutasc.com/attachments/article/13/Going%20for%20a%20walk%20is%20a%20safe%20thing%20to%20do.pdf</a>	Social Story – Going for walk
<a href="https://www.reachoutasc.com/attachments/article/13/key%20ring%20symbols%20.pdf">https://www.reachoutasc.com/attachments/article/13/key%20ring%20symbols%20.pdf</a>	Social distancing visuals
<a href="https://www.reachoutasc.com/attachments/article/13/SS%20How%20can%20I%20be%20safe%20in%20school.pdf">https://www.reachoutasc.com/attachments/article/13/SS%20How%20can%20I%20be%20safe%20in%20school.pdf</a>	Social Story - How can I be safe in School?
<a href="https://www.reachoutasc.com/attachments/article/13/Teenager%20Guide%20by%20OT%20.pdf">https://www.reachoutasc.com/attachments/article/13/Teenager%20Guide%20by%20OT%20.pdf</a>	Welcome to a teenager's guide to returning to school
<a href="https://www.reachoutasc.com/attachments/article/13/Transition%202019.pdf">https://www.reachoutasc.com/attachments/article/13/Transition%202019.pdf</a>	Transition to a new class booklet
<a href="https://www.asdinfo.wales.co.uk/resource/ASD-Transitions-Report_Eng.pdf">https://www.asdinfo.wales.co.uk/resource/ASD-Transitions-Report_Eng.pdf</a>	ASD info Wales - Supporting the transition from Primary to Secondary School for pupils with an autistic spectrum disorder.
<a href="https://www.reachoutasc.com/blog/preparing-an-autism-friendly-secondary-classroom">https://www.reachoutasc.com/blog/preparing-an-autism-friendly-secondary-classroom</a>	Preparing an autism friendly secondary classroom
<a href="https://www.hacw.nhs.uk/sltcovid19">https://www.hacw.nhs.uk/sltcovid19</a>	Supporting anxious children
<a href="https://senresourcesblog.com/2020/05/29/11-resources-to-help-children-settle-back-into-school-after-lockdown-plus-a-free-downloadable-social-story-for-returning-to-school-after-lockdown/">https://senresourcesblog.com/2020/05/29/11-resources-to-help-children-settle-back-into-school-after-lockdown-plus-a-free-downloadable-social-story-for-returning-to-school-after-lockdown/</a>	Resources and ideas to help children settle back in to school

**Website Links:****Other Useful website links:**

<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-for-Wales.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-for-Wales.pdf</a>	Back to school in Wales
<a href="https://network.autism.org.uk/knowledge/insight-opinion/back-school-autism-resources-school-staff">https://network.autism.org.uk/knowledge/insight-opinion/back-school-autism-resources-school-staff</a>	Back to school: Autism resources for parents and teachers.
<a href="https://www.reachoutasc.com/blog/preparing-an-autism-friendly-classroom">https://www.reachoutasc.com/blog/preparing-an-autism-friendly-classroom</a>	Preparing an autism friendly classroom
<a href="https://m.youtube.com/watch?v=T1I4BcpTflk">https://m.youtube.com/watch?v=T1I4BcpTflk</a>	Mask wearing tips
<a href="http://www.autismtoolbox.co.uk/sites/default/files/resources/Home%20VSP%20Handwashing%20Visual%20Supports.pdf">http://www.autismtoolbox.co.uk/sites/default/files/resources/Home%20VSP%20Handwashing%20Visual%20Supports.pdf</a>	Hand Washing
<a href="https://signalong.org.uk/filemanager/FREE%20Resources%20page/covid_19_2020.pdf">https://signalong.org.uk/filemanager/FREE%20Resources%20page/covid_19_2020.pdf</a>	Signalong Covid 19
<a href="https://www.autism.org/wp-content/uploads/2020/04/I-can-wear-a-mask-1-1.pdf">https://www.autism.org/wp-content/uploads/2020/04/I-can-wear-a-mask-1-1.pdf</a> <a href="file:///C:/Users/Dell/Downloads/Wearing%20a%20Mask%20Social%20Story.pdf">file:///C:/Users/Dell/Downloads/Wearing a Mask Social Story.pdf</a>	Wearing a mask
<a href="https://www.bing.com/videos/search?q=you+tube+what+will+school+be+like+now%3f+A+social+story+the+rainbow+classroom&amp;docid=13895256778498&amp;mid=01A65C8F22ED7B26D19B01A65C8F22ED7B26D19B&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=you+tube+what+will+school+be+like+now%3f+A+social+story+the+rainbow+classroom&amp;docid=13895256778498&amp;mid=01A65C8F22ED7B26D19B01A65C8F22ED7B26D19B&amp;view=detail&amp;FORM=VIRE</a>	You Tube - Social Story What will school be like now?
<a href="https://www.rcot.co.uk/preparing-your-child-returning-school">https://www.rcot.co.uk/preparing-your-child-returning-school</a>	Top Tips - Preparing your child for returning to school
<a href="https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/08210614/Covid-19-poster.pdf">https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/08210614/Covid-19-poster.pdf</a>	Visual Support – Do you have a temperature?
<a href="https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/09131607/continuous-cough.pdf">https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/09131607/continuous-cough.pdf</a>	Visual Support – Do you have a continuous cough?
<a href="https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/08142631/Covid-Fears.pdf">https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/08142631/Covid-Fears.pdf</a>	Visual Support – Covid fears <ul style="list-style-type: none"><li>• Hands carry germs</li><li>• I don't want to touch people's things</li><li>• Corridors will be busy</li><li>• I won't be able to stay away from people</li></ul>
<a href="https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/03131524/funeral.pdf">https://blogs.glowscotland.org.uk/glowblogs/public/communicationfriendlyenvironments/uploads/sites/8799/2020/06/03131524/funeral.pdf</a>	Visual Support - What to expect at a funeral

**Website Links:**

The following link from Autism Little Learners has a wide range of stories to support learners:

<https://www.autismlittlelearners.com/search/label/COVID-19>

<a href="https://drive.google.com/file/d/19q9SDO4YiOOSoG4AC0Qvv8DkhUk5hHcJ/view">https://drive.google.com/file/d/19q9SDO4YiOOSoG4AC0Qvv8DkhUk5hHcJ/view</a>	Greeting my teachers and friends
<a href="https://drive.google.com/file/d/1-l8Z6j0x7InUJcOhe2uvdwZxMs1DIKgY/view">https://drive.google.com/file/d/1-l8Z6j0x7InUJcOhe2uvdwZxMs1DIKgY/view</a>	Getting a haircut with masks
<a href="https://drive.google.com/file/d/1wBwFSBuLwGRii_L3-ZJEe4NRecRZdRTk/view">https://drive.google.com/file/d/1wBwFSBuLwGRii_L3-ZJEe4NRecRZdRTk/view</a>	Masks, face shields and gloves
<a href="https://drive.google.com/file/d/12Q4yYyQcdf9U0fxpHyExNKqdXtxoBc-J/view">https://drive.google.com/file/d/12Q4yYyQcdf9U0fxpHyExNKqdXtxoBc-J/view</a>	Why does my speech therapist look different?
<a href="https://drive.google.com/file/d/1y382q8b863Bpdaq73DpGbHMA88CZWax/view">https://drive.google.com/file/d/1y382q8b863Bpdaq73DpGbHMA88CZWax/view</a>	Why does my doctor look different?
<a href="https://drive.google.com/file/d/1UJfFPlg32zi75gFnANganNVjKq622ye6/view">https://drive.google.com/file/d/1UJfFPlg32zi75gFnANganNVjKq622ye6/view</a>	What is social distancing?
<a href="https://drive.google.com/file/d/1R1ISbfZ8TRchbHCiK_4svK7WLH62lSIH/view">https://drive.google.com/file/d/1R1ISbfZ8TRchbHCiK_4svK7WLH62lSIH/view</a>	Wearing a mask to school
<a href="https://drive.google.com/file/d/10PYORseDVnupmlox3NWiE16lglgrW6SA/view">https://drive.google.com/file/d/10PYORseDVnupmlox3NWiE16lglgrW6SA/view</a>	Mask colouring book
<a href="https://drive.google.com/file/d/1Rv2jcBl-mksSqSmoiPDRrbj3z7krVzni/view">https://drive.google.com/file/d/1Rv2jcBl-mksSqSmoiPDRrbj3z7krVzni/view</a>	Getting a Coronavirus test done
<a href="https://drive.google.com/file/d/1S4fSdH9bnlytRg8WfJ8wTjBQQO_PSwpcg/view">https://drive.google.com/file/d/1S4fSdH9bnlytRg8WfJ8wTjBQQO_PSwpcg/view</a>	What will I see at the dentist?
<a href="https://drive.google.com/file/d/1MdxovyG31N4Mp4gV74ArgjoZ6FxKe1Jk/view">https://drive.google.com/file/d/1MdxovyG31N4Mp4gV74ArgjoZ6FxKe1Jk/view</a>	Going for walks
<a href="https://drive.google.com/file/d/1cFYEs1oBS1gO5G7IM7rljTYDMEQfMOy/view">https://drive.google.com/file/d/1cFYEs1oBS1gO5G7IM7rljTYDMEQfMOy/view</a>	Going back to school
<a href="https://drive.google.com/file/d/1B2FEF1DTXpmgH8ZL79Vg7E_Bu7ZOkBOA/view">https://drive.google.com/file/d/1B2FEF1DTXpmgH8ZL79Vg7E_Bu7ZOkBOA/view</a>	Seeing other people wearing masks

# What are Social Stories?

**Social stories™** were created by **Carol Gray** in 1991. They describe an activity, situation or event and explain what to expect within that situation and why. Ideally social stories should be introduced before the event, when the child is feeling calm and relaxed. Depending on your child's understanding of language, social stories may include photos, symbols, and/or just words. Reading the social story regularly will help reinforce the message and hopefully support the child's understanding.

## Things to include if you are creating a video clip to share with pupils



There are many great videos circulating on social media, twitter pages and school's websites to support pupils in preparation for their return to school. Many schools are producing videos of 'meet the teachers', especially for those transitioning to Secondary Schools. Llanrhidian Primary School have created a lovely, welcoming video which can be seen via the following link:

<https://llanrhidian-primary-school.primarysite.media/media/one-day>

Here are some ideas that you can use to create videos in your schools:

1. Meet the teachers
2. Walk through the school
3. What can I expect in a typical day?
4. What will happen at break-times and lunch-times?
5. Will I be with my friends?
6. What will my classroom look like?
7. Can I still use school resources?
8. Where do I go to the toilet?

# Transition ideas

Take photos to create a PowerPoint to label areas around the school.



Create a short film of school areas e.g. canteen, halls, classrooms etc.

Create a staff poster-including key staff with their picture, name and subject

Copy of the school menu

Create a Social Story about what their first day back in school would consist of

Poster of school rules with visual support

Introduction to clubs and extra-curricular activities

Key members of staff completing videos to introduce themselves e.g. form tutors, TAs.

Pupils to update  
one page  
profiles with  
families

Example of  
school day.

School  
prospectus  
and/or pamphlet  
including info  
about year tutor,  
form  
tutors, ALNCo etc

Information about  
the school journey  
e.g. bus stop  
information, what  
bus looks like, who  
will be on there, time  
they'll be picked up

Information/short  
introduction to  
what each of the  
subject mean and  
type of topics  
they will cover

Copy of the  
school timetable  
and an  
explanation  
about what the  
subjects/letters  
stand for.

School map

Discussion  
activities-what  
will stay the  
same/ what will  
change

Photos of the  
school uniform  
and PE kit and  
where to  
purchase.