

You're coming back to school!



Wow! That's exciting. You must be looking forward to lots of things. Write your top three below:

1) _____

2) _____

3) _____

Fairisle Junior School has been closed for a long time because of the Coronavirus. Children have been at home with their families. The Coronavirus is an illness that is making people poorly. The Coronavirus spreads when lots of people are together, which is why schools had to close. We can't see the Coronavirus, but we've learnt lots about it.

The adults know what to do to keep us safe. The important thing is that they will tell you what to do and you follow their simple instructions. What have you done to keep safe so far at home and out and about? Draw some pictures in the space below.

Before, that meant staying at home. We've seen that Coronavirus has stopped spreading so quickly.

Now we've learnt how to keep safe, so it is time for some children to start going back to school. This means that school will be a bit different. Some things will be the same, such as your favourite subjects. Check out the wordsearch below to remind yourself of everything you love to learn about:

Back to School!

Words to find:

M Y H L V F W T D H X U Z R M
W V S F I J Y T L S Z N U U D
Y H P A R G O E G I L O S S P
G E H S P E R G P L B I G Z J
I N B C N T N L E G C P C U X
J D I C J G R C V N Y Z B S P
K W J T V R Y A H E P U B M Q
W Y B M U R S C I E N C E A A
M K T P O P U N K T F Y G T C
Q R P T W C M X B G B B T H V
L W S U O F Y O R U E K L S N
B I T R D O I W C C D M E C N
H L F J W G G E C X N U F X Y
N E V A Z Y K Y R S Q Y Y K H
Z X L Q S V V H K S I P P E Z

Maths

English

French

History

Geography

Science

Art

DT

Computing

History

PE

RE

PSHE

School might feel different as we have been at home for a long time. Our routine at home might have been different. We might have woken up later and learned in different ways. We also didn't see our friends or teachers. You may have talked to people over the phone or computer instead.

This means that going back to school is a change for everyone, including children and teachers. Change can make us feel different things. Some people might be worried and sad about coming back to school. Some people might feel excited and happy. Some people might feel confused. All of those feelings are ok and it's ok to feel differently from other people.

Children will be going back to school at different times and this will mean there will be more space in school. Tables and chairs will be put in different places to give you more space. You will learn in different classrooms with different adults and children to normal. This is called your bubble!

This is what your classroom will look like:



If you're feeling a bit uneasy, try to take your mind off it. For example, you could complete this mindfulness colouring activity:



The way children come into and leave school will be different. To stop lots of people being together, when coming into school you will be asked to arrive between 8.40am and 9.10am.

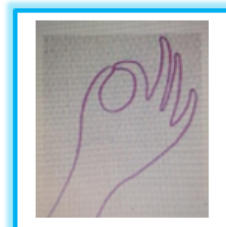
The timings at school might also change. Break and lunch times will be different for each bubble. This means there will be less children on the playground and in the lunch hall. The adults will ask you to keep a big gap from other children. You can still play with each other, but the games might be different. The teachers and lunchtime supervisors will help you with what games are good to play. But you must always stay two metres apart!

Still feeling a bit worried, try out this technique to help you feel calm and happy:

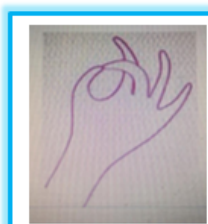
Thumb and finger pressing technique

Turn hands over with palms facing upwards
– example shows left hand.
Complete the sequence on both hands.
Begin with one hand then swap to the other hand.
When you become confident try doing both hands together.

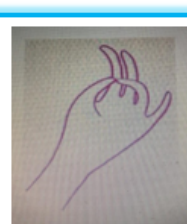
Once you gain the sequence of finger to thumb pressing try adding a saying such as 'my name is' then add your name for the last finger.



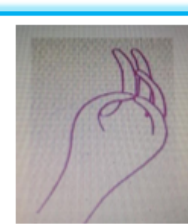
1.Thumb to pointer finger – say 'my'



2.Thumb to middle finger – say 'my name'



3.Thumb to ring finger – say 'my name is'



4.Thumb to little finger – say 'my name is ,

Repeat the sequence using both hands at the same time for 6 rounds.
You can say the words out loud, whisper or silently in your head.

Children will have to leave the big gap when they see other children around school too. You need to keep away from people if they can. Everybody will need to wash their hands lots, just like when you're cooking. Talking of cooking, why not try out this recipe to put a smile to your face!

Chocolate Crispy Cakes

Ingredients

150g chocolate (broken up)
100g butter
4tbsp golden syrup
100g cereals (rice krispies, corn flakes, shredded wheat)
Decorations (sprinkles, mini eggs, marshmallows etc.)
Cupcake cases



Method

Put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt in 10-second bursts in the microwave, or melt it over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat and stir in the cereals, coating them gently with the chocolate until they are all completely covered.

Divide the mixture between nine cupcake or 12 fairy cake paper cases – it's easier if you slide these into a muffin tin as it will help them hold their shape. Add your decorations. Leave to set. If you want them to set faster, put in the fridge for 1 hr.

The staff will talk to you about how you are feeling, can answer your questions and are ready to help you settle back into school. It might take a long time before everything is back to normal, but your teachers, family and friends are there to help if you need it.

If you ever want a bit of a chance to relax, try some yoga. Yoga is a form of exercise that focuses on strength, flexibility and breathing.

