

Going Back to School

Created by: Student Services
Illustrator: Rebecca Murrell



**DURHAM CATHOLIC
DISTRICT SCHOOL BOARD**
Learning and Living in Faith

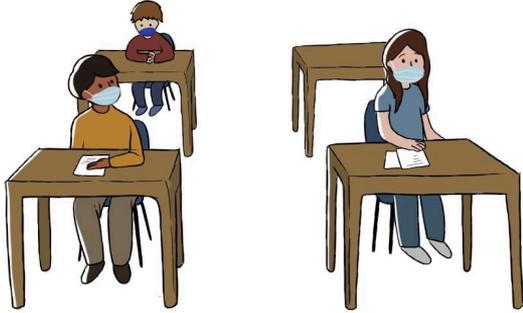
Every year, after the summer vacation, I go back to school. I start a new grade, I have a new classroom, and usually I have a new teacher. It is good to see my friends and teachers when I go back to school after the summer.



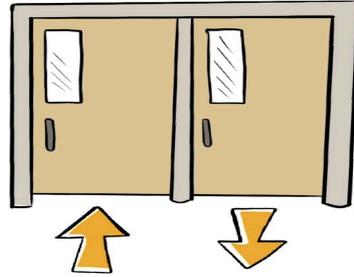
I have not seen my friends or the grown ups at school for a long time. Last year, we could not go to school on some days because of the coronavirus. The virus made lots of people sick, and everyone had to stay at home to be safe. I did my school work at home. I missed my friends and teacher, and they missed me. Not so many people are getting sick with coronavirus now, so the doctors and scientists say that we can go back to school. I'm excited to see my friends and the grown ups at school again!



There are rules that we will have to follow at school, to help us stay safe.



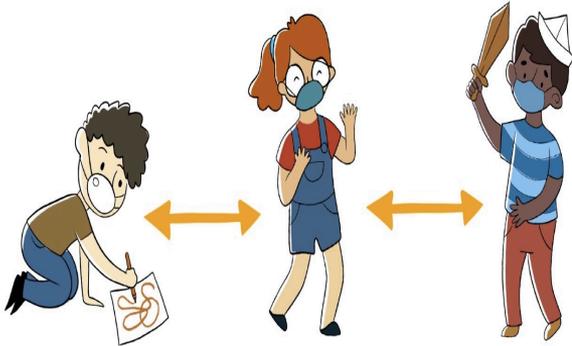
We will be spread out in the classroom.



There will be arrows showing me what direction to walk in.



When we go outside we need to keep a safe distance apart.



We will keep our hands to ourselves.



We will stay at our own desk and work on our own a lot of the time.



We will wash our hands often using soap and water or hand sanitizer.



Many students and grown ups at school will be wearing masks. Masks help to keep us all safer.



We will cough or sneeze into our elbows.



People who feel sick will need to stay home.

I will do my best to remember and follow the rules. This is important so that my friends, the grown ups at school, and I stay safe and well. It will be good to go back to school to see everyone! It will be good to learn and do my work at school again!



If I feel worried or scared, I can talk to my family. My family will help me to understand and remember the rules. If I have questions, I can ask them. They might not know all of the answers, but we can find the answers together.



I can also talk to my teacher and other grown ups at school. They are always happy to help me.



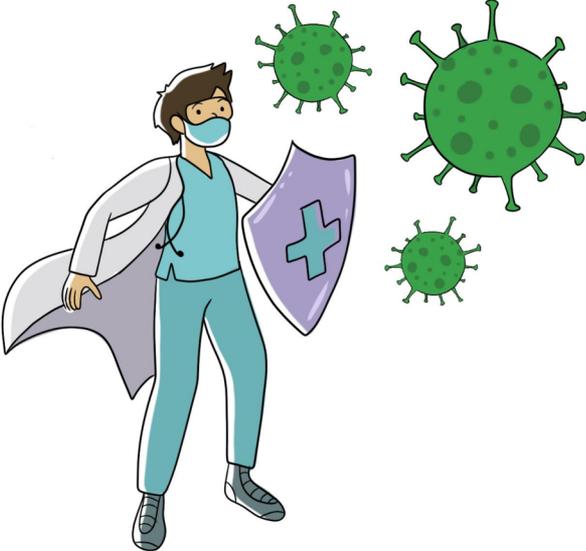
I might have a lot of different feelings about going back to school. I might be excited to see my teachers and friends and also worried about what might be new and different. These feelings are okay.



If I feel worried, there are things that I can do to help me stay calm and ready for learning, like:



Talk to my friends and grown ups about how I feel



Remember that grown-ups are working hard to keep everyone safe



Squeeze and then relax each of my muscles



Take big belly breaths



Say a prayer



Focus on what's in the room with me - things that I can see, hear, and touch



Think about things I am grateful for



Do some of my favourite activities



Listen to music



Spend time with my family



Imagine my calm place

These ideas will help me to be ready for learning. We will work together to have a good year at school!

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