



GETTING  
BARNET

BACK TO  
SCHOOL

(for primary and secondary school pupils)



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## Going back to school

**The Coronavirus pandemic has changed our lives in so many ways.**

Lots of children and young people have been away from school, family members and friends for many weeks and it can be tough when you can't do the things that you are used to doing every day.

Some children, young people and parents might be feeling worried about going back to school. It is completely normal to feel like this. It is also important to know that there is support on hand to help you make sense of everything.

Teachers, parents, carers and other professionals like social workers and counsellors are available for you to talk to, however you might find it easier to talk to your friends.



## It's time to go back to school

A lot of children and young people in this country have been staying at home to keep themselves and others safe during the pandemic, even though this has been challenging to do at times!

Some children and young people have continued to attend school, some have enjoyed learning at home while others prefer learning in a classroom so are really excited to go back to school.

Some children and young people might be feeling worried about going back to school.

**It's okay to have lots of different feelings.**



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## A lot has happened since being away from school

Some families may have had sad news during the pandemic, like the loss of someone close. This can be very difficult to cope with.

Some families may have missed birthdays, special family occasions, holidays or maybe just visiting one another. This can cause sad feelings.

The good thing is that lots of families have found ways to stay in touch with the people they care about and have found new ways to come together.



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## Worried ? Support is available if you need it

Coming back to school may be worrying for you or your parents. **Some children find it easy to talk about how they feel while others don't. Either way, it's okay.**

If you need help and support to come back to school, your school will talk to you and your parents to make sure that you feel safe and get the help you need.

If you don't want to talk to your teachers, there are lots of other people you can talk to. Support is available if you need it.

You can also help others who may be worried by being kind and understanding.

Some parents and carers may also feel worried about their children and young people returning to school and there is help and support available for them too.



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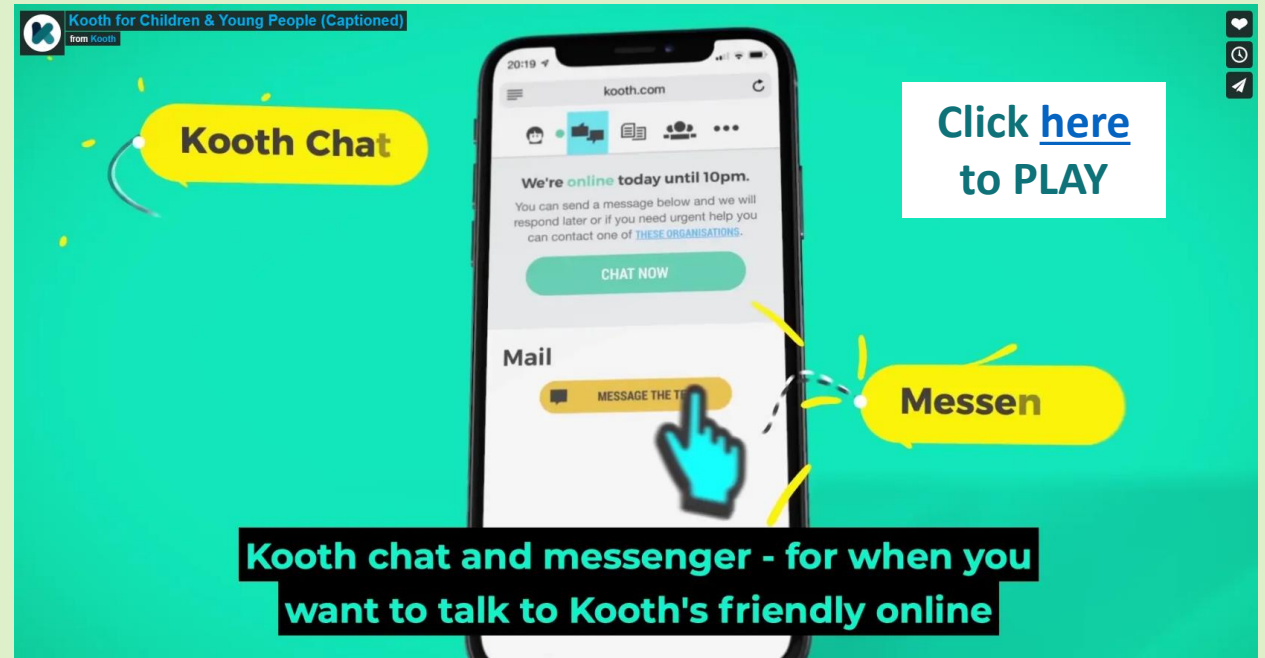
Get in touch if you need help and share what's on your mind

Here are some places you can contact if you want to talk to someone **FREE** of charge. They offer their services **EVERYDAY** of the week.

[Kooth.com](https://www.kooth.com) - Access free, safe and anonymous support.

**Young Minds Crisis** - Text message YM to 85258

**BEH CAMHS** For mental health support, call 0800 1510023





## What's changed around school?

Your teachers are working really hard to make school as safe as possible and are listening to the government's advice on how to do this.

Some of the things that you might notice are:

- School might start and end at different times
- You might only be allowed to go out on break-time with pupils from your class
- Your teachers may be wearing face coverings
- You may be asked to wear face coverings in class and in corridors



## If you're in secondary school...

### You'll be advised to take twice-weekly COVID-19 tests.

To help stop the spread of the virus, secondary school pupils WITHOUT symptoms can get a rapid lateral flow test twice weekly (every 3-4 days).

- Your first 3 tests will be provided by your school
- From your fourth test onwards, you will need to complete a test at home and report your test result to NHS Test and Trace
- To order online or to collect a home test kit, visit: [barnet.gov.uk/backtoschool](https://barnet.gov.uk/backtoschool)

Staff and pupils in secondary schools are advised to wear face coverings as an extra temporary precaution.



**IF YOU HAVE  
SYMPTOMS, YOU  
MUST STAY AT  
HOME.**



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*We're wishing you  
the best of luck  
on your return to school!*



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LONDON BOROUGH