

# BACK TO SCHOOL 101 PARENT'S GUIDE



## WRAP UP

With the cold weather here, warm and waterproof outdoor clothes are vital, and with the increased need for ventilation, it might be worth popping an extra layer on in the morning or in school bags.



## BE KIND

**ALL** the staff at the school are people dealing with the same stresses and anxieties we are. Please be thoughtful & kind when you're dealing with staff.



## WHO AM I?

Make sure all your child's things are labelled. It doesn't need to be fancy, Sharpie or biro do the job, but it makes things much easier and reduces contact if things are labelled. If items such as pads and clothing are to stay in school, label the bag as well.



It is advisable to send in a spare change of clothes, not just for accidents, but for fun stuff too!

Home to school transport is not arranged by the school. All concerns should be directed to HCC (or your local authority).

If your child is poorly, please use **absence@lonsdale.herts.sch.uk** to report your child's absence. Remember D&V requires 48hrs recovery after the **LAST** bout of illness - we don't need that going round the school at the mo!



## YOU'RE NOT ALONE

<b>AnxietyUK</b> 03444 775 774 <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	<b>SAMARITANS</b> 116 123 <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>	<b>PAPYRUS</b> 0800 058 81 41 <a href="http://papyrus-uk.org">papyrus-uk.org</a>
<b>bipolarUK</b> <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>	<b>shout</b> 85258 here for you 24/7 Text SHOUT to 85258 (24/7) <a href="http://giveusashout.org">giveusashout.org</a>	<b>Refuge</b> 0808 200 0247 (24 hours) <a href="http://refuge.org.uk">refuge.org.uk</a>
<b>mind</b> 0300 123 3393 <a href="http://www.mind.org.uk">www.mind.org.uk</a>	<b>MINDS</b> Fighting for young people's mental health 0808 802 5544 <a href="http://youngminds.org.uk">youngminds.org.uk</a>	<b>OCD UK</b> 0333 212 7890 <a href="http://www.ocduk.org">www.ocduk.org</a>
<b>CAMPAIGN AGAINST LIVING MISERABLY CALM</b>	<b>Beat</b> eating disorders 0800 58 58 58 <a href="http://www.beat-eatingdisorders.org">www.beat-eatingdisorders.org</a>	

## DON'T FORGET

If your child or young person is shielding or not in school for whatever reason, their lesson plans are uploaded daily to the **STUDENT AREA** on the school website. It is a great way for our children and young people to stay connected with school while not able to attend in person. You can also find loads of other information here along with top tips and links to useful websites.