



Kendrick School

Wellbeing Newsletter

Wellbeing

RETURNING TO SCHOOL AFTER THE HOLIDAYS

School is a big part of life, so it is important to feel happy there. Going back to school after the holidays can bring up lots of feelings. You may be happy to go back! But if you're scared or anxious, there are things you can do to make it better.

FIVE WAYS TO COPE WITH GOING BACK TO SCHOOL

1. Talk to a teacher, parent or carer
2. Get support from the [Childline Message Boards](#)
3. Find out how to be [assertive](#) so you can stand up for yourself
4. Use the [Childline Art Box](#) to draw a picture of how you feel and what you want to change
5. Read the Childline top tips for [making friends](#)

The Student Welfare Team are also here to support you.

TOP TIPS!

TOP TIPS FOR GOING BACK TO SCHOOL

Write down your worries and hopes

Write down everything you're looking forward to at school, and everything you're worried about. You could show the list to an adult you trust so that they can help you cope with the worries.

Ask questions

Ask your parents, carers or teachers about anything you're not sure about. You could ask about things you'll need at school, who will be in your lessons or anything else that's on your mind.



Talk about what happened over the holidays

A lot may have happened while you were off. You might have had problems at home, felt unsafe, struggled with your mental health, or know someone who's died. Whatever's happened, talking about it at school can help. Remember, if you don't know who to talk to, you can always talk to Childline.

Prepare yourself before going back

Make sure you pack your bag before going back, and that you've got your uniform if you wear one. If you're not used to getting up early, it can help to start setting an alarm and going to bed earlier before you start back.

Use a mood journal

The mood journal can help you to let your feelings and worries out. Why not use it to write about how you're feeling before going to school, and how it's gone



Take your time

It can take time to adjust to being back at school, and it's okay if it doesn't feel comfortable at first. Even when you're back at school, make time every day to do something you enjoy.