

Return from DELTA 2021

by
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DELTA got
everyone
worried

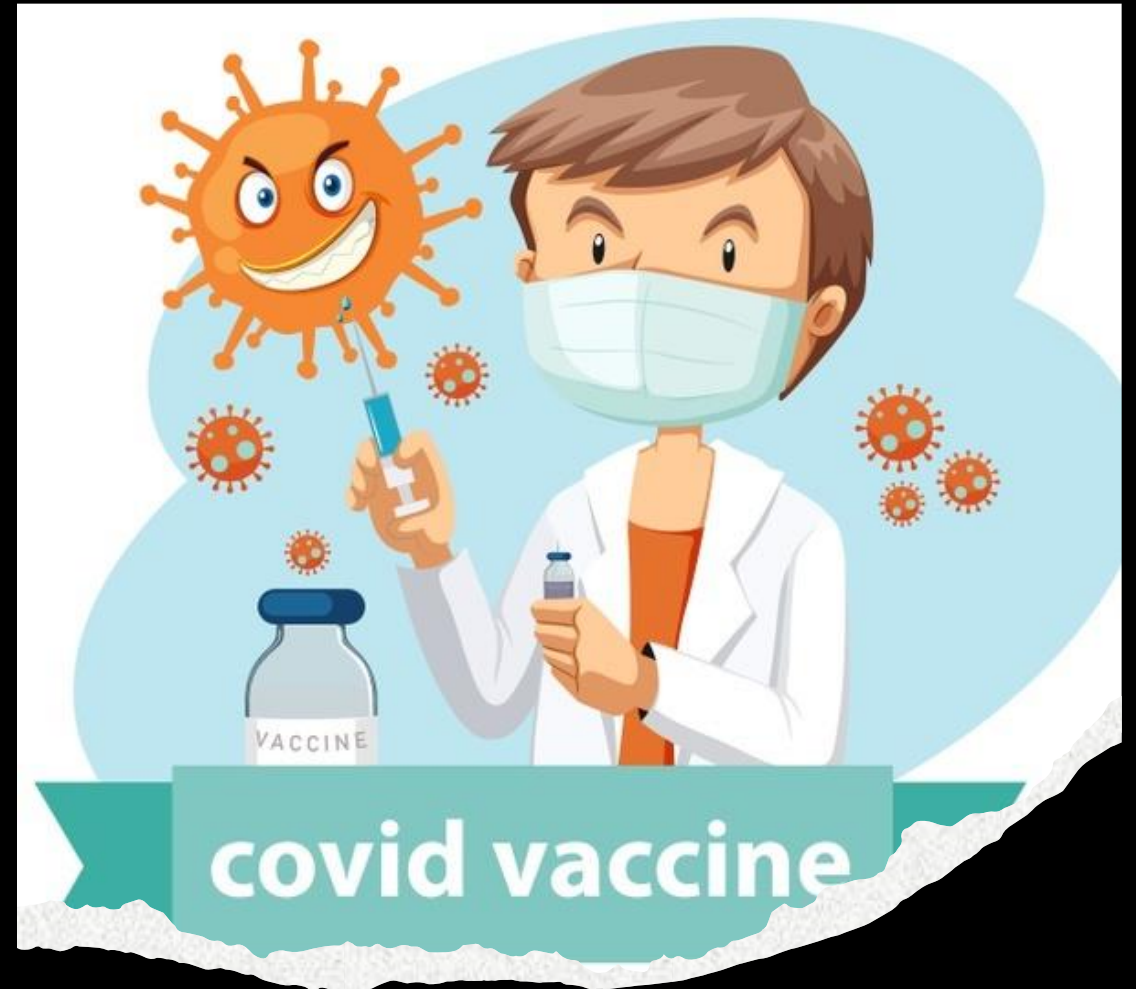
- Lockdown again ☹️
- Schools closed
- Everyone stuck at home
- Home learning eek!!!
- Vaccination dramas



When things start to open up again

.....

- First, we can see our friends outside
- Big kids will go back to school first
- Then the little kids will start to go back to school
- Shops and cafes will open



2020 COVID Back to School was all about:

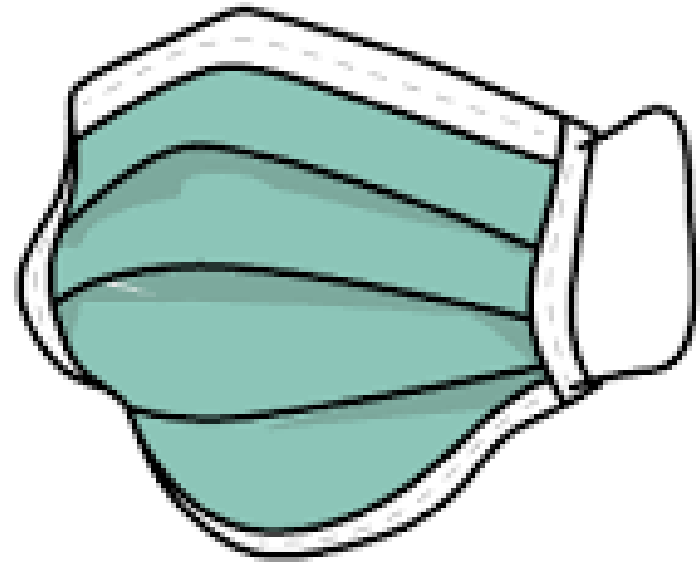
- Hand washing
- Hand sanitizer
- Physical distancing
- Staying in bubbles



2021 DELTA Back to School is all about....

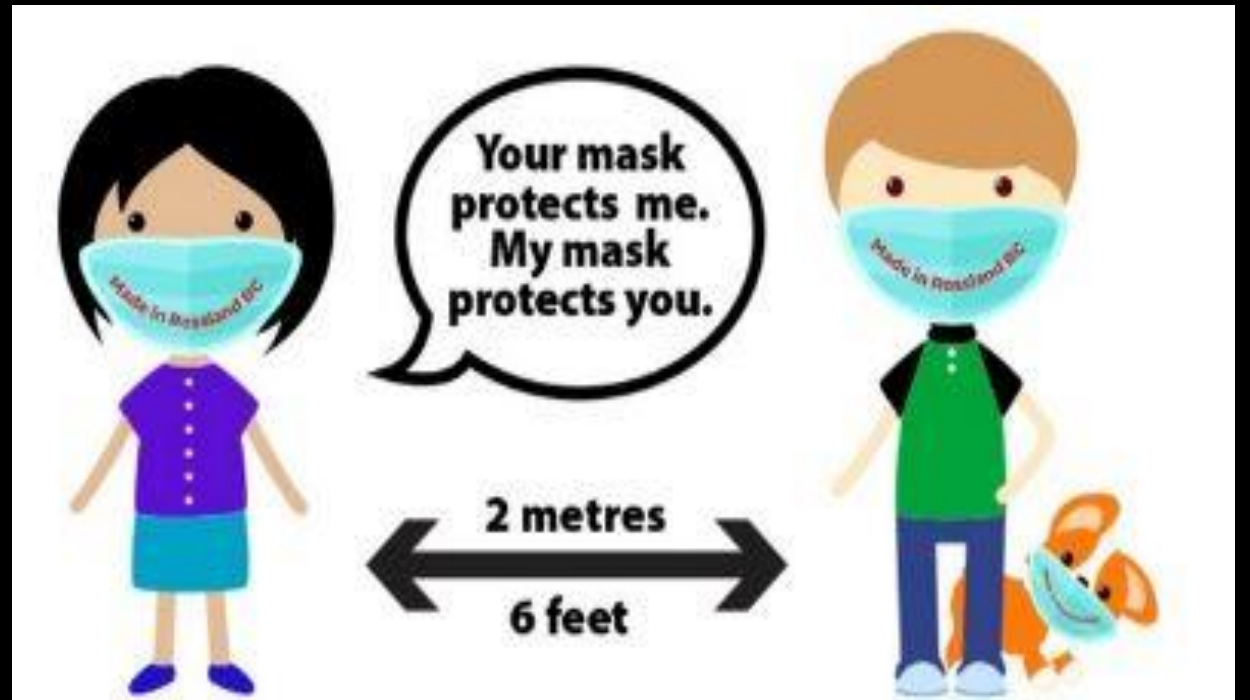
Masks!!!!

- Tiny droplets known as aerosols are the problem this time
- They spread in the air
- Masks stop germs in the air spreading easily
- You see more people wearing masks because of DELTA



Masks protect

- You
- Your friends
- Your whānau



These things will be **different** about Back to School this time:

- Kids of different ages will go back to school at different times. This is so people aren't squashed in too much
- More people will wear masks, so they don't spread germs
- There is a vaccine now to stop COVID making people so sick



These things about
Back to School will
be *the same*:

- Your teachers
- Your friends
- The learning
- The fun that you will have
- HOMEWORK!!!!!!



You might be thinking these things?

- Will school be ok?
- Will I get sick?
- Have I fallen behind with my learning?
- Who will help me if I am worried?
- When will this all end?



Being a bit edgy about change is normal

- It might take some time to get settled
- It might feel a bit itchy wearing a mask
- It might seem freaky being out of the house after so long at home
- But everyone will feel like this!



Saying goodbye to mum and dad

- It might be hard to be apart from mum and dad after a long time together
- Or it might be great to get a proper teacher back again!
- The school day goes fast, you will be back together very soon



What if I need help?

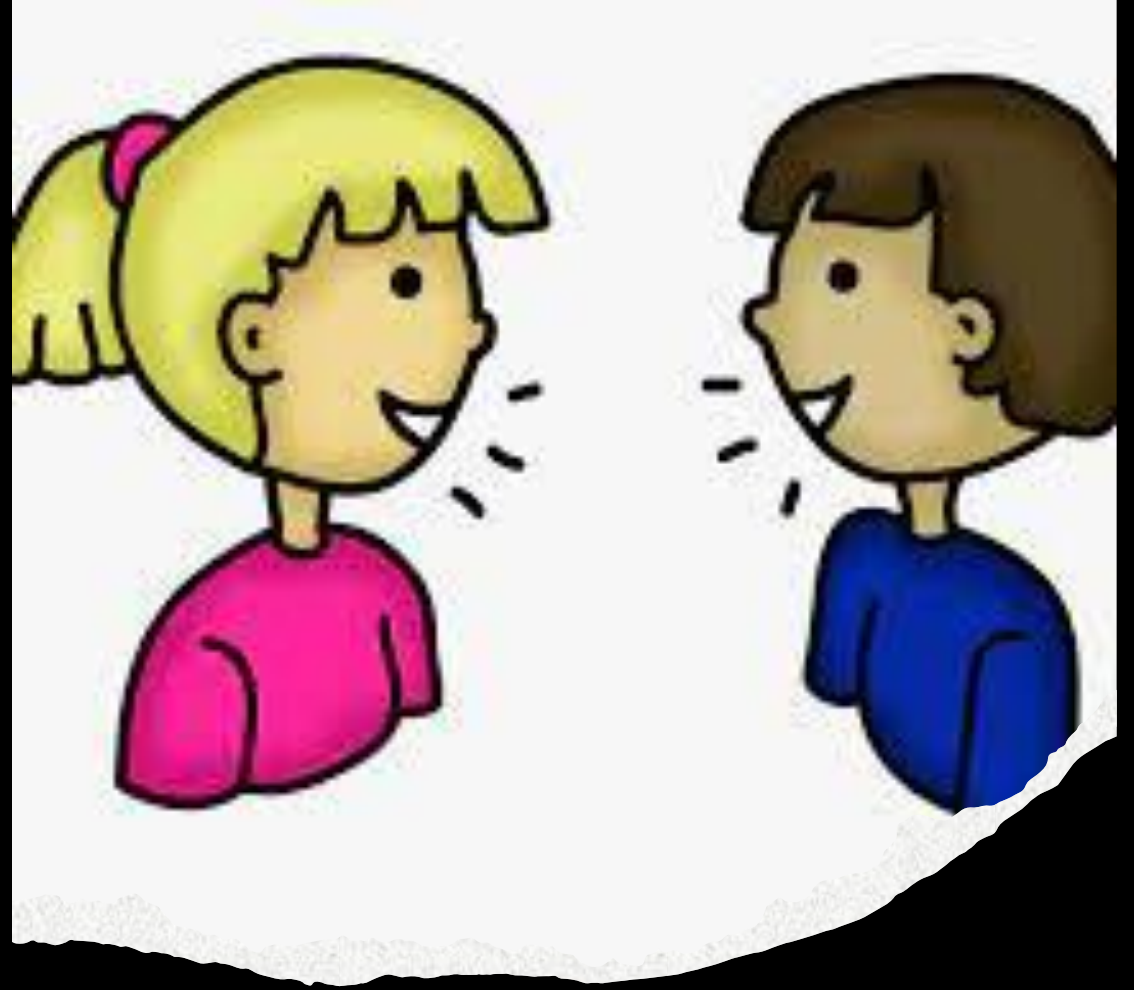
- People will understand that COVID is a tricky thing to deal with
- Everyone needs a little help sometimes!
- It's ok to get some help



How to ask for help:

- I feel
- because
- I need

Help me please!



When will it all end?

Delta is going to be with us for a long time

BUT:

- We now know lots about it and have many things to keep us safe: the vaccine, masks, keeping in bubbles.....
- We will be able to do more stuff and get out and about once more than 90% of people 12 years and older have the vaccine
- In a few years, Delta will be like a winter cold...annoying but not a big deal ..YAY!!!



Information for parents and caregivers

- Children and young people get their sense of security from you!
- If they see you are relaxed and calm about their return to school, they will be too
- Trust their teachers to keep them safe and secure



Focus on the positives

- You no longer have to do home learning!
- Show interest in what your child is doing back at school
- But accept kids don't often have much to say at the end of a busy day



Dealing with your own worries

- If you are worried about anything, try to talk about this with a teacher away from your child
- If there needs to be a solution, try to support “bravery” so the child knows that, with help, they can make it through 😊



Being DELTA safe

- Support your child to stay well by ensuring they have a mask to wear, if their setting requires it
- Keep them home if they are sick, or if a family member is sick



Information for teachers

- Your students will take their lead from you. If you are calm and confident, they will be too
- The first few days will take a bit of getting used to. Take your time. A few more days wont matter!



Real heroes
don't wear
CAVES,

they teach.

Be mindful

- Lockdown experiences may have varied for different students
- Attending school may take some adjustment for some, while others may simply be grateful to be back



Monitoring coping

If a child is behaving out of character for them, don't be afraid to say:

- Are you ok? I'm worried about you.
- Follow up with extra support as needed.



Keep “anxiety” in perspective

- **Most** students will settle back with normal supports quite quickly
- **Some** may need additional support within school
- **A few** may need additional support within and outside of school. Most likely, these students **had known needs** prior to Lockdown.



Don't forget your own needs

- You are adjusting too. Be gentle with yourself. You are an enabler not a magician!
- Reach out to others if you need advice or support
- Replenish yourself so you can care for your students without becoming depleted



Useful resources and supports

- <https://www.kidshealth.org.nz/tags/covid-19>
- <https://www.education.govt.nz/our-work/overall-strategies-and-policies/wellbeing-in-education/>
- <https://mentalhealth.org.nz/getting-together>
- <https://mentalhealth.org.nz/getting-together/wellbeing-for-parents-and-whanau>



About the Author

Mel Churton is an experienced teacher and practicing psychologist. She has been working in education for 30 years- teaching, coaching and supporting teachers, children and their families.

Mel advises on behaviour and learning and trauma, grief and loss repair and recovery. She has written numerous resources on emotional well-being, responding to behaviour and supporting learning and delivered professional development extensively.

More of her work can be found at:

www.yellowbubblepsychologicalservices.com

