



May 2020

“Bounce Back to School Programme”

Dear Parents

The 20th March 2020 saw schools close to children except those most vulnerable and those whose parents were key workers. These extreme measures taken by the government were in response to the COVID-19 pandemic and as such the nation entered unprecedented times.

The Bounce Back to School Programme for schools and families was designed by EPIC Psychology & Wellbeing Service in response to what surely was going to be a very difficult return to school following lockdown. Acknowledgement was given to the fact that children, staff and families would be dealing with the unknown such as how schools would manage reintegration, second or third school closures, heightened anxiety, loss and grief, possible anxiety of the outdoors and nature. It was also anticipated that co-operation and friendship skills would require a boost and so too would resilience given the amount of time out of such a social learning context.

The programme was written with the aim of pulling together the key themes of managing anxiety and uncertainty, thinking about love and loss, friendship skills and nature under the umbrella of creating a secure base for all and resilience. The aim is to compliment any approaches that the school will be using to manage adversity as a system, operating alongside their bereavement policy where appropriate and governmental guidance such as social distancing.

Bounce Back to School is a six-week programme (running every day over six weeks for children in school) where children, staff and family activities run in parallel with each other. For now, we are sending out this information pack to you so that you have some useful background information before the programme starts in school. Your school, and your child, will tell you when the programme has started. We hope you enjoy doing some of the home activities.

Wishing your child or children a happy and successful start back to school.

EPIC Psychology & Wellbeing Service