








		As students return to school you may find you have a mixture of feelings. Some positive and maybe some concerns. These tips may be helpful.
	Get the Correct Sleep	Now is the time to re-establish or maintain your sleep routine. If you have been sleeping in late it might be a good idea to set an alarm as of Monday and get up to your usual school routine ready for the day you are due back. Bedtime needs to be set to give you 7-8 hours of sleep if possible.
	Spend Time in Nature	The evenings are getting lighter, next week when you are back at school there is still a chance for a late afternoon walk or time outside. This will help you unwind after the school day.
	Relax Your Body And Brain	As you transition back to school remember to take some time out after the school day, it may take some time to adjust to moving from lesson to lesson and you might find your brain and body are a bit more tired .
	Time With Friends And Family	Before you start back next week make contact with friends or classmates, they may be feeling the same as you about the return to school and you can share what you are looking forward to about seeing each other.
	Top Tip	Treat the return from lockdown like the start of term, pack your bag, organize your stationary and clean out that lunchbox!
	Top Tip	If you have concerns share these with a trusted adult, they may be able to support with answers to worries that will make you feel better.
	Top Tip	If you are feeling worried about the start back to school there are resources on the student wellbeing page on Firefly which might be helpful. https://heathfieldcc.fireflycloud.net/students