



York Catholic District School Board

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Dear Parents/Guardians,

Going back to school after a break can be stressful, even under normal circumstances. Whether it's in-person learning, remote learning or a combination of both, you can help your children to know what to expect, be flexible when things are uncertain, and feel confident about the return to school.

One of the ways you can support your child(ren) over the next few days is to talk to them about the return to school. Children may feel nervous about returning to school. It is important to be honest and allow space for them to express their concerns, while avoiding too much focus on physical safety and/or risk. It can be helpful to remind your child of the positives of going back to school, such as seeing their friends again. Perhaps make a list together about what they are excited about. Knowing that not all children will be able to return to in-person learning, you could brainstorm ways that your child can stay connected with friends and teachers while also physically distancing. Remind your child that when school starts they will be supported and safe, regardless of whether this return is full, virtual or a hybrid.

In discussions with your child, consider asking these questions:

- Who are you looking forward to connecting with when you return to school?
- What is one thing you're hoping to do during the remainder of the school year?
- What are the strategies that really worked for you during remote learning?
- Are there things we can build on?
- How are you feeling about the rest of this year?
- What's one thing you feel excited for?
- Is there anything you feel a bit worried about?
- How can I help you to feel comfortable about school?

More information about how to support your child(ren) can be found [here](#).

To learn more about mental health and wellbeing and available supports, please visit:

[Student Mental Health and Wellbeing](#)

[YCDSB MENTAL HEALTH](#)

We look forward to welcoming your child(ren) back on February 16, 2021!

A handwritten signature in black ink that reads 'M Prinzo'.

Michelle Prinzo, M.A., C. Psych. Assoc.
Mental Health Lead

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