

Social Emotional Wellbeing

Duneland School Corporation



Welcome back to the 2020-2021 School Year! As we plan for the return to school, both students and parents may be feeling a bit of anxiety or fear with all of the changes. Duneland School Corporation teachers and staff are doing their best to make sure that students and families are aware of the procedures and safety protocols in place to help prevent the spread of COVID-19. Listed below are tips and/or resources to help with the start of school.

- Talk with your child about what some of the changes might be when they return to school. Included is a resource that can assist in you in this conversation. [Supporting Your Child's Mental Health-Return to School](#)
- Be mindful of how you talk about the return to school. The words you use can either heighten or reduce your child's stress, fear, and anxiety. Try to stay calm and be positive to help increase their outlook. Offer time for them to talk about their concerns and/or questions.
- Talk with your child about the different strategies they can practice that will help keep them safe. Explain social distancing, the importance of wearing a mask, and hand washing. Help your child increase their comfort level with wearing a face covering by having them practice at home.
 - Resources to help with this:
 - [Students & Masks](#)
 - [Explaining Social Distancing to Children](#)
 - [Handwashing](#)

It would not be unusual for your child to display some “out of characteristic” behaviors during this time. Do your best to approach these behaviors in a supportive and consistent manner. Please reach out to your child's school counselor if you have questions or concerns. We are here to support you and your child and to help make this a smooth transition!