



10 Tips for Supporting Your Child's Return to School

LET YOUR KIDS KNOW THAT SCHOOL WILL LOOK DIFFERENT NOW

- Desks will be 6 feet apart
- Teachers will physically distance
- Plexiglass will be installed in front of teachers' desks
- Students and staff will be required to wear masks
- Students will be separated into groups based on last names
- School will provide many supplies, so students do not have to share
- Class sizes will be smaller

TALK ABOUT FEELINGS



Find out how your child is feeling. Reassure your child that they are safe. Let them know it is okay if they are upset.

SPEND TIME TOGETHER

Meaningful activities such as reading together, exercising, and playing board games can help kids feel calm and connected.



ROUTINE TIME

Do your best to get back into a regular routine and sleep schedule.



EMPHASIZE SAFETY MEASURES

Reassure kids about safety measures in place to help keep students and teachers healthy, and remind children that they can also help prevent germs from spreading. Students, teachers, and staff will all work together to keep classrooms clean and safe.

BE AWARE OF BEHAVIOR CHANGES IN YOUR CHILD

Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, or difficulty concentration which may be signs of that your child is struggling with stress and anxiety. Please reach out to Cunha staff if you are worried about your child.



ADDRESS ANXIETY

If your child is feeling scared about returning to school, you can make them feel more at ease by having an open conversation about what is worrying them and letting them know that it's natural to feel anxious. Stay calm and stay positive. Focus on getting to see friends, peers, and teachers.

COMMUNICATE WITH STAFF

Reach out to teachers or staff with concerns. Cunha is here to help. Main Office: (650)712-7190

You can also use School Loop mail to contact teachers, counselors, and administrators.

CUNHA PROVIDES COUNSELING SERVICES

The counselors are here to support you. Please set up an appointment through the Appointment Request on the Cunha website (bit.ly/cunhacounselors) or reach out directly via email.

Students with last names A-L: Sarah Wilhelms wilhelms@cabrillo.k12.ca.us

Students with last names M-Z: Janice Lee leej@cabrillo.k12.ca.us

CUNHA PTO



Please remember the Cunha PTO is here to support you as well. Please email cunhapto@gmail.com with questions or concerns.

READ MORE ABOUT ANXIETY

<https://childmind.org/article/back-to-school-anxiety-during-covid>

References:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>