

# SCHOOL, FRIENDS, AND TEACHERS...OH MY!

It's been a little while since we were all together, and that can be very exciting but also a bit awkward. It's okay! We will all be feeling a little uncomfortable in our first days back. This is a totally new way of doing school at Cunha, for everyone. Just try to remember that school can be a fun and exciting place to be again very soon. See the tips below for an easier transition back to campus.

You might be nervous about seeing old friends. You may also be surprised to know that just about all of you are feeling this way! We are all used to spending a lot more time with family which can be so great, but it also means that we have not spent nearly enough time with everyone else. People may have gotten a bit taller, a bit older, and certainly a bit smarter. It is totally okay to feel shy for a few days, and it won't take long before you feel relaxed and happy to be back.

6th graders: We are so excited to see you in person! Our leadership students will be at school when you arrive, ready to show you around campus and are happy to clue you in to all things Cunha. You will have plenty of help! Your teachers are so glad to be meeting you in real life and are especially excited that you will finally get to know Cunha's amazing campus a bit better.

#1

It may have been a while since you had a regular schedule. You should start to adjust your sleep and wake times so when you come back to school, a routine will feel more natural.

#2

Masks, handwashing, and keeping a bit of distance will help keep everyone safe. If you follow these simple rules at school and away from home, we will all be safe and sound. Your teachers and other staff members will gently remind anyone who may forget the rules for a moment, so you won't have to worry.

#3

If you need help with anything at all, please ask! Parents, teachers, counselors, and other school staff all want to know how you are doing. We are here to help! If you have any concerns, please talk to someone. We have tools that we can share for just about anything.

#4

Remember to be kind. Someone may need a little "mask smile" or some extra encouragement, including your teachers! Being patient and kind will mean the world to your fellow Cubs.

A BIG THANKS TO THE PTO FOR SHARING THESE TIPS WITH THE CUNHA COMMUNITY!