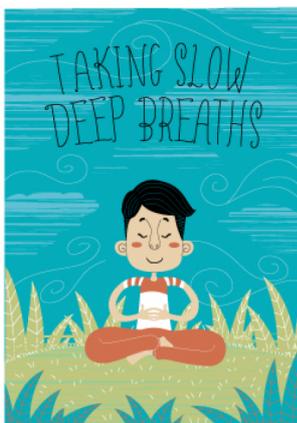




Empowering educators, children and parents to thrive

How to Welcome Students Back to School



Images above [Calm Corner Cards](#).

Are you welcoming students back to school after months of lockdown?

I am reading on social media different ways schools are approaching this. The common theme seems to be that schools are applying a great amount of effort to be welcoming and enthusiastic. The level of care is obvious, however the scientific evidence for their approach is not. One school talks about playing music throughout break times to encourage happiness. I'm all for music as a mood booster, a great idea in place of a bell, but not to be played throughout lunch.

Some students are likely to find returning to school overwhelming and will need calm to reintegrate. A busy playground may be stressful enough without constant music.

Another Principal talks about the need for students to have "manners" when they return to school. Ideally we would like everyone to be on their best behaviour when they come back to school, but is this realistic? Does this set anyone up for success? We are still living in a pandemic, some children have not seen friends for months, some are worried, nervous, surviving in fight or

flight. It is these most vulnerable students that will potentially be disengaged, acting out, lacking social skills. These behaviours will not be indicative of poor manners. They will be typical of someone trying to comprehend their situation and survive.

4 Effective ways to welcome students:

1. Be realistic. I know we are taught to have high expectations of students but in the current climate realistic expectations are more appropriate
2. Empathise. If a student is behaving inappropriately consider if their behaviour is really inappropriate for what they have been through this year. Some children have lived in lockdown in domestic violence, families have lost businesses, mental illness and suicide has increased. Take a child centred strength based approach - what strength are they overplaying?
3. Focus on relationships and building belonging. Spot and utilise [character strengths](#). Practise [gratitude](#). Learn more in our upcoming [webinar](#).
4. Create, role model and practise calm. You need to be the anchor in your students storm. Check out strategies such as those in our [Calm Corner Cards](#). Remember students have not sat still in a classroom for months, they will need help regulating their behaviour.

Free Webinar – Re-Engaging Students After Lockdown



Are you noticing an increase in students disregulated behaviour and/or a more

diverse gap in students abilities after lockdown?

YOUR SCHOOL IS NOT ALONE!!

How can we re-engage students and help improve functioning and learning?

Attend our free webinar to learn how increasing a sense of belonging will improve both behaviour and learning.

BOOK WEBINAR

Needing Wellbeing PL for Day 1, term 1 2022?



We are super excited to announce that we have just released another [Strong Minds](#) workshop for term 4 for 2 staff/school. This will be on the 1st December 2021. These staff can then train the whole school on day 1/term 1 2022.

Limited numbers are available so book ASAP.

LEARN MORE

WHAT OTHERS SAY..

Warmest wishes

Nicole and the team at Growing Strong Minds

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