

Neighbourhood Watch



September 2020 Bulletin



Going Back to School

Going back to school is always a time mixed with excitement and nerves, however with the many changes happening within the school system, this year can be especially stressful for both students and parents.

Many families may be experiencing some anxiety about returning to school, but it can be reduced by preparing ahead of time.

Here are some steps families can follow to ease the stress and help prepare for going back to school:

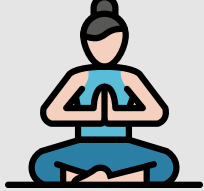
Preparing supplies and getting back into the school routine - Have children prepare their own school bags, gather their supplies and have them return to a school routine and sleep schedule. These simple preparations are a great way to help prepare children mentally and physically for back to school.

Reviewing general safety and COVID-19 PPE requirements – Review COVID-19 safety measures and practice good PPE and handwashing procedures. Also, for students who commute to school be sure to review their transportation method and how to stay safe when they're travelling to and from school

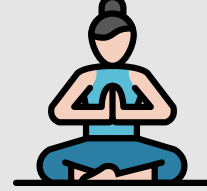
Discussing concerns and feelings about going back to school – Open discussions are a great way to bring any concerns forward, help create a plan, and is a way to ease any stress children and parents may have about going back to school.



As we begin to enter fall, school doors are reopening and classes will be back in session. Families can plan ahead and be prepared for a safe return back to school!



Self-Care



Physically preparing can help children get ready for school, but there are still many concerns and challenges families face during this upcoming school year. While often disregarded, self-care activities can help to strengthen our mental and physical health, and should be used during stressful situations.

Don't forget about yourself! Here are some self-care tips you can use:

Disconnect and downtime – Many students and parents will be working online, it is important to find time to disconnect from school and work and find an activity that allows for some rest and downtime.

Exercise and physical movement – Exercise can be a great stress reliever and can lead to a healthier lifestyle in general. Families can do activities like bike rides, walks, or even family cooking.

Safe socialization – While Covid-19 has made it difficult for many to socialize and go out, spending time with friends and family is important for a healthy work-life balance. It is also crucial to reach out for support when you need it, and reach out to others who may remain isolated. Try connecting with people online or on the phone.

Self-care activities aren't limited to parents, they can be enjoyed by children as well. It is up to you to lead as an example and be well prepared for the upcoming school year!



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