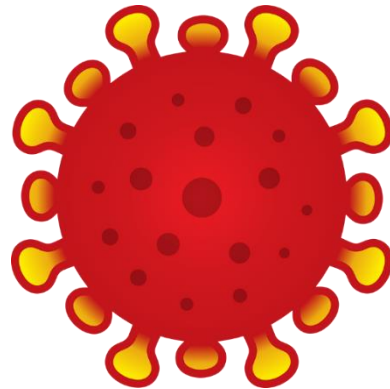


Going back to school



Pride in our children's, young people's and families' services

Coronavirus (COVID-19) has meant that lots of us have been at home more than usual.

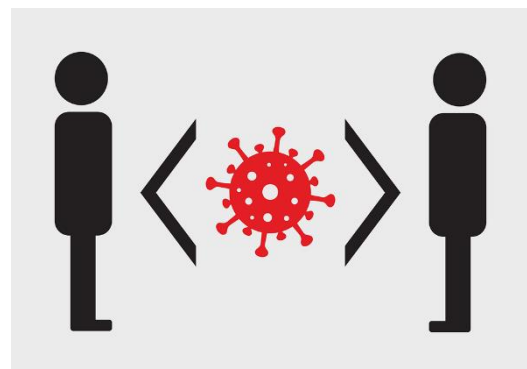


This has been to try and keep us from catching the virus.

The government has said that we can go back to school now that less people are getting sick from COVID-19.



When you go outside, you may notice that there are new rules and people may look a little different. This is to keep us safe.



It is normal to feel worried or confused by these changes.



Try and talk to a grown up if you feel like this - or writing and drawing your feelings down.

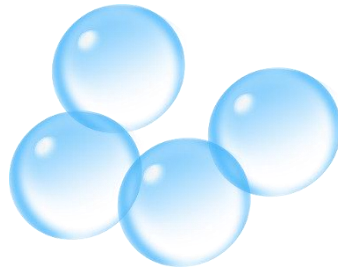


You may also feel excited to see your teachers and friends again.

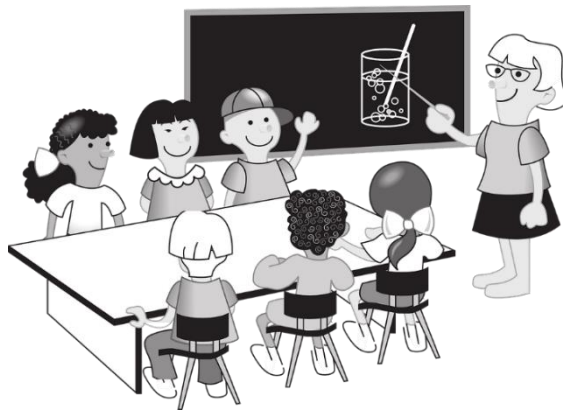


When you go back to school, you may be put in a 'bubble'.

Your bubble is a group of people you will spend your time at school with. This will be with some of your teachers and your class friends.

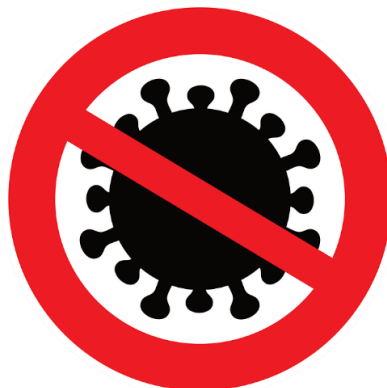


You may be asked to stay in your bubble – this is to keep you safe from catching the virus.



To keep safe while outside and at school, you may be asked to wash your hands more often and to not get too close to your friends.

It is important to listen to the grown-ups so that we keep safe. Each school may have different rules about keeping you safe.



You may be feeling lots of different emotions, lots of people will be feeling the same.

Try and remember that the changes are there to keep us safe.

You may miss being at home but remember that we still go home every evening and at the weekends.



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Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help



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