



WELLBEING

With Heart

Adjusting Back to School

Returning to school after a long break can bring mixed emotions, especially for those students who are arriving to a new school for the first time! Some students can be equally apprehensive as excited. Others can be overwhelmed about what the new school year holds.

As you can imagine, what students are concerned about differs throughout the developmental stages. Interestingly though, there is one common component - feeling connected. Preschool children report that their biggest concerns are being teased, saying goodbye to their caregiver at drop off and feeling left out. Primary school children are concerned about academic pressures,

not wanting to return to school, and problems with teachers, and feeling lonely and isolated.

The main concerns for teens are coping with stress, school or study problems, mental health, and feeling insecure in their friendship group.

Finding your mob at school can be tough.

Whilst putting our head in the sand and not thinking about transitioning to school can be a helpful tactic so that one can enjoy the holidays and forget school exists, perhaps getting prepared earlier can help buffer against the sensory onslaught of returning to school life.



1. Connect with school people before School Day #1

Just having one person you know you can rely on on School Day #1 can be helpful. Spend time in the days leading up to the commencement of school with some familiar faces.



2. Get into the school routine

Holidays are the time to be free and flexible, not necessarily fixed to strict timescales. So good! However, going from flexible to adhering to school times and routines can be a rude shock if not somewhat prepared.

- **Sleep!** Re-establishing healthy sleep routines prior to school starting is vital (around 9-11 hours for children aged 5-13 and 8-10 hours for those aged 14-17).
- **Sleeping and waking hours.** Holidays can be a time for sleeping in, best to get that body clock back to waking earlier before Day #1
- **Technology.** It is important to set school term routines and boundaries around technology use early and collaboratively with your family.



3. Familiarise to the school environment

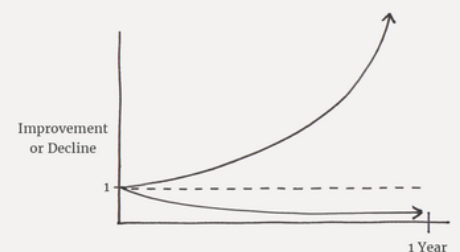
If this is a new school for you, do you know where to go on Day #1? Know what to wear and what to bring?

4. Set helpful habits and goals

- Setting healthy habits and goals sets proactive actions into place. Sometimes doing this with someone else is more binding, more fun, and holds us accountable.
- Atomic Habits author, James Clear speaks of the 1% rule which is simply, focus on getting better by 1% each day - *“Too often, we convince ourselves that massive success requires massive action”*.

The Power of Tiny Gains

$$\begin{aligned} 1\% \text{ better every day} & \quad 1.01^{365} = 37.78 \\ 1\% \text{ worse every day} & \quad 0.99^{365} = 0.03 \end{aligned}$$



JamesClear.com

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support students
and families in any way possible.**

5. Have a Can Do approach

Sometimes – and especially when we are anxious – we can have a scarcity mindset, looking out for all the things that aren't working, that can go wrong. Whilst this can be helpful in limited amounts, setting a future focused, positive, Can Do mindset into action can be so rewarding.

2024 school year is a new start and requires a new mindset!



So, set some positive intentions for this year and act on them, even if for just 1% extra each day.

And remember, you get out of school what you put into it. Do this with someone else, we are more than ourselves!

If you want to go quickly, go alone.
If you want to go far, go together.

African Proverb



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