

Preparation for a new school term

1. Routines in School in Term 3

Term 3 of school will commence on 2nd June 2020 (Tuesday). At the start of a new school term, **some things will be the same**. These include:

- * daily temperature taking
- * daily wipe down of tables in class
- * flag raising in class
- * expectations of teachers
- * staggered recess breaks and wipe down in canteen
- * hand wash routine

Some other things may be changed. These will include:

- ✓ wearing a mask daily in school
(See uploaded MOE posters on wearing face masks)
- ✓ adjusting to daily timetable in school and after school timetable
- ✓ Alternating between timetable in school and HBL
- ✓ maintain a safe distance
- ✓ different seat arrangements in class

All these re-adjustments or changes may feel uncomfortable at first.

It is OK to feel a bit anxious and scared in the beginning. Usually these feelings will go



away after the after the first week or two.

2. A few things that can help to prepare your child for the new term:

- i. Talk to your child about or have conversations on the adjustments and changes;
- ii. Talk about the worries and expectation;
- iii. Doing things that can help to calm your child down. For example, deep breathing for 2 minutes, positive self-talk, counting down, re-adjusting routines starting from 25 May to 1 June and so on;



- iv. Remind your child to wear a mask whenever he/she leaves the house. Tell your child, “It is ok to wear a mask. It is ok to wear a mask to school and in class. Everyone is doing it. You can do it too!”
- v. Plan or create a routine for school term.

All re-adjustments and changes of a new school term can feel uncomfortable at first but your child will soon be OK. Get ready!

3. Create or plan for routine

Why is routine planning important when it comes to preparation back to normal school?

(Note: see Annex A for a sample)

a. Routines eliminate power struggles

Routines eliminate power struggles because you are not bossing your child around. For example, a specific activity like brushing teeth, is what everyone does at a particular time each day. Routine can reduce the frequency of nagging and parents are not seen as the 'bad guys'.

b. Provide advance notice

Routines help children to cooperate by reducing stress and anxiety for everyone. Everyone knows what comes next and gets fair warning for changes. Therefore no one feels that he/she is pushed around. For everyone and especially children in the household, each one needs time and adjustments as this would differ from activities and even routines during school holidays.

c. Routines help children to learn to be responsible for their own activities.

Over time, children learn to brush their teeth, pack their school bags, without constant reminders. Children love to be in charge of themselves and this feeling increases their sense of mastery and competence. Children will also feel more independent and in charge of themselves.

d. Learning the idea of 'looking forward' to activities they enjoy

As the saying goes, 'All work and no play makes Jack a dull boy.' While children will need to spend some time doing homework during school term, they should be given some break time to enjoy themselves. This is an important part of making a happy accommodation with the demands of a schedule.



A child may want to watch the television now, but he/she understands that television time is in the afternoon after homework and that is something he/she can look forward to.

e. Regular routines help children to get on a schedule.

Children gain an understanding of daily events and procedures and learn what is expected of them as routines make their environment more predictable.

f. Schedules help parents maintain consistency in expectations.

With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because this is the way everyone does things in your household. The end result is a family with healthy habits.



Sources:

1. <https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>
2. <https://www.ahaparenting.com/parenting-tools/family-life/structure-routines>
3. <https://happylearners.info/pdf/new-school-year.pdf>
4. <https://educationandbehavior.com/visual-schedule-templates-related-materials/>

My Daily Routine



Before School

- Wake up
- Make bed
- Brush teeth and wash up
- Eat breakfast
- Get dressed
- Comb hair
- Put on socks and shoes
- Put on school bag
- Wash hands/ use sanitizer
- Put on face mask
- Off to school



After School

- Lunch
- After school lessons – if any
- Home – put away shoes
- Wash and soap both hands
- Shower and wash up time
- Home work
- Snack time
- Home work
- Dinner
- Free time and activity



Before bedtime

- Pack school bag and snack
- Brush teeth and wash up
- Put on pajamas
- Get school uniform/ PE attire ready
- Read
- Use toilet
- Calm down time
- Lights out
- Go to bed