

This past year has been anything but usual! We know that while many students and families are eager to return to a “more normal” school experience, some will be worried about starting back, and what this new school year will look like for them. Remember as parents/caregivers you know your child best!

I ] Z`à/hi`nZVg] Vh`V[[ZXiZY`ZkZgndcZ`c] c`fj Z`VcY`kVgZY1 Vnh#B Vcn`[Vb`àZh] VkZ`ZneZgZcXZY` cVcX`Và` Zb eadnb Zci!`hdX`VàVcY] ZVà]`X] VaZc\Zh#Hdb Z] VkZ`ZneZgZcXZY`h^c^ XVci`Y`hgj ei`dch`VcY`adhhZh#L Z] VkZ` also all witnessed inequities, systemic prejudice and the impact of racism in our society during this time. Even as society returns to more normal social interactions with fewer restrictions, we are aware that different children will be approaching the new school year with many different feelings. Some children maybe excited, others are perhaps nervous and some children are still quite worried and anxious. All of these feelings and emotions are natural responses to what our children have experienced over the past 1½ years.

Anxiety can show up in different ways. Your child may tell you that they are feeling fearful or overwhelmed. Or you might notice things like frequent headaches, trouble sleeping, irritability or emotional outbursts. Your child might seem withdrawn, or overly tired or restless. Being watchful for signs of anxiety can help you to provide support early, before the problem worsens.

There are two main ways we can help young people who are experiencing stress:

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- cY1 Vnh`id`] Zæ`g`Yj XZ`i] Z`hi`g`hh`thZá`

Try to take time each day to do something just for you that helps you to feel well and happy. You know best what that is for you. Try to do something that helps you feel good and happy. You know best what that is for you. Try to do something that helps you feel good and happy. You know best what that is for you.

To get you started, here are few ideas that parents and caregivers have told us can be helpful:

Try to take time for the basics – choose foods that give you good energy, establish a sleep routine that leaves you feeling refreshed, and enjoy some fresh air and exercise.

Pay attention to your own stress levels and notice when you are starting to feel overwhelmed. Use this as a cue to take a break. Take small breaks throughout the day to just “be,” or to engage in something you like to do.

Take a few deep, slow breaths when you start to feel anxious or upset.

It is important to take time for yourself. Try to do something that helps you feel good and happy. You know best what that is for you. Try to do something that helps you feel good and happy. You know best what that is for you.

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**Talk to your child about the return to school**

Take some time to think through what the return to school might look like for your child and talk to your child about it. Allow space for them to express their concerns, and also to help them to remember the parts of school that they enjoy and are looking forward to the most.

Check in regularly with your child, as their emotions and feelings will likely change from day to day or week to week. You can normalize any fears as a response to the uncertainty, and can reassure them. Even though things are different, they can manage and there will be adults there to help.

Perhaps make a list together about what they are excited about. Remind your child that you are there to help them.





Visit [our website](#) for up-to-date information on what to expect and any last-minute changes/information.

Follow the news and public health announcement and guidelines.

Get ideas about self-care from our [Take Care of Yourself Tip Sheet](#).

Try some [everyday mental health activities](#).

Visit the [8Dk-9"& "GZij gc id hX\] ddahZXi dc](#) of our website for more information related to mental health and 8Dk-9"& #

Visit websites with more great information:

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