



**MENTONE
GRAMMAR**

HEALTHY HABITS

SIMPLE STUDENT
WELLBEING STRATEGIES
FOR A SUCCESSFUL
RETURN TO SCHOOL

REGULAR ROUTINE

The earlier you can get back into your regular school day routine, the more time your child has to prepare and adjust. Be sure to wake up, eat meals, exercise and go to bed at the usual times on a school day. It's best to keep the evenings for relaxation, so your child has time to wind down before bed.

FOCUS ON FEELINGS

Any emotions your child has about returning to school are absolutely normal, so ask them to talk about how they feel. Encourage your children to ask themselves: How am I feeling? How would I like to feel? What do I need to do to feel this way?

PLANNING AND PREPARATION

Involving your child in preparing their return to school can help ease them back and give them a sense of control. Talk through what they can expect so they're well informed and prepared for their return. Consider asking them what they'd like in their school lunches or what drink bottle they'd like to bring.

PRIORITISE SLEEP

A good night's sleep is key to overall health and wellbeing, and most children need eight to 10 hours sleep each night. To re-establish healthy sleep habits, prioritise sleep as early as you can and encourage earlier bedtimes to prepare for earlier mornings. Turn off devices at least one hour before bed. Encourage reading before bed. Keep your child's room dark, quiet and comfortable (around 18 to 21 degrees is ideal).

BROADEN THEIR HORIZONS

Encourage regular daily activities that may have been avoided due to social isolation. It could be as simple as going for a walk or ride or even a trip to the supermarket. Reintroduce these activities often to help your child get back into the swing of things.

PRACTICE GRATITUDE

Being grateful for the good things in our life is a great daily practice. By shifting our thinking to include gratitude, it expands our ability to cope and builds a positive mindset. Simple things to be thankful for might be having good health, connecting with friends or playing games together. Bring this into daily life by talking about three things that went well each day.

HAVE FUN

This time has been a great way for families to reconnect and find new, creative ways of having fun together. Keep up the activities you've enjoyed during social isolation where you can. It could be as simple as having family movie nights, cooking meals together or taking walks together.

GIVE IT TIME

Adjusting to change can take time and feeling nervous about change is normal. It's important to give your child and yourself grace to adapt to the new changes. Be sure to take the time you need to prepare and refresh your routine and make adjustments to schedules.