

# A Parent Guide to Transitioning between Covid-19 Alert Levels and Reintegrating into School

## Anticipating Change

Changes to COVID-19 alert levels will soon be announced by the Government and this requires students, parents and staff to be flexible and adjust to moving boundaries and changing environments. Our goal at KingsWay School is to support individuals and families to navigate these transitions successfully.

The challenges of the current season could be likened to learning to drive a manual car. Initially, a bit of a hair-raising experience, perhaps marked by faltering starts, bunny hopping down the road if not stalling completely, while someone shouts “*foot on the clutch.*” However, with time, practice and a lot of grace, the learner driver successfully achieves smooth transitions and can shift through gears with ease and competency. Perhaps your COVID-19 experience has felt similar. A little stop-start, flooded with a variety of emotions, stuck in one gear, or having little sense of control. Be encouraged that this season can also be navigated successfully with kindness, faith and courage and let’s remember that even if you feel comfortable “behind the wheel” there are others out there trying to navigate the same piece of road. They may not be as confident or experienced.

With this in mind, we have put together a few guidelines to support our individual and collective journey through the various COVID-19 alert levels and season of change. We will share these with you over the coming weeks as we anticipate and enjoy a return to school.

1. **Accentuate the Positive!** Give attention to the behaviour you want more of – in essence ‘catch your child doing the right thing’ and praise them for their perseverance, resilience, courage etc. What strengths do you see your child exhibiting through this time? Take time to affirm these with your children.
2. Continue to facilitate **Opportunities for Social Connection**, even in Alert Level 3. Social connectedness cultivates a sense of belonging, boosts self-esteem and promotes emotional health. Encourage your children to work and play together. Intentionally look for ways to support your child’s relationships with others. Be creative in re-establishing relationships that may have been ‘paused’ during lockdown.