



May 29, 2020

Dear Parents and Carers,

As we head back to school next week, your child/children may have some concerns and could feel a bit anxious. This is normal with any new transition. It's important to model and have conversations with your child to ease any worry that may be present as well as prepare your children for upcoming changes. Assure your child that all necessary safety precautions are being put in place by the school. Take time to explain and even practice some of the new routines, such as wearing a mask to protect and prevent the spread of germs, safe distancing expectations, even with their friends and teachers. You may need to reassure your child that their friends still care about them and look forward to their return even though students cannot hug, play tag, or engage in other forms of play that involve touch or closeness.

It might be helpful to think about activities over the next few days that you can do with your child to help them feel confident in communicating and interacting with their friends. You might make cards together or other end-of-the-year crafts that could help support your child to feel secure in their continued friendships that may look and feel different with social distancing. The more we can prepare and practice for the upcoming changes, the more confident your child will feel upon returning to school.

Below we've provided two articles on the topic. We've also created a mini website with content, strategies and mindfulness exercises.

[Hey Sigmund: How to Help Children Feel Calm During a Global Crisis - Talking to Kids and Teens about Covid-19 and Other Global Trauma](#)

[Another New Normal: Journey Back to School May be a Bit Bumpy](#)

[Talk About Coronavirus: Family Discussion Cards](#)

[While We Can't Hug](#) (video for children)

We look forward to seeing you and your children back at school next week.

Warm regards,

Claudia Saunders (Orchard Primary Counselor)

Franny Stewart (BT Primary Counselor)

Shira Fisher (Head of Student Services & BT Secondary Counselor)

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