

# Mental Health Memo

## Supporting a Mentally Healthy Back to School



This past year has been anything but usual!

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.

You can support your child as they head back to school by: taking care of yourself so that you can support your children; talk to them about what to expect and what school may look like; pay attention to special transitions and find out how your school is organizing tours/visits and start to introduce regular family routines and schedules.

In discussions with your child, consider asking these questions:

- Who are you looking forward to connecting with this school year?
- What is one thing you’re hoping to do during the school year?
- What are the strategies that really worked for you during remote learning? Are there things we can build on?
- How are you feeling about this school year?
- What’s one thing you feel excited for?
- Is there anything you feel a bit worried about?
- How can I help you to feel comfortable about school?

Click on the link to see the entire article [How to Support a Mentally Healthy Back to School for Your Child](#)

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)