

Back-to-School Readiness



Your child's school team is sensitive to how difficult and unique the past 5 months have been for our families. Now, the return to some in-person instruction under extraordinary circumstances presents parents and caregivers with a new set of challenges. We hope to provide you with some ideas, tips and resources along the way to make this process as smooth as possible for you and your child. Here are the first set of recommended strategies:

- 1) **Practice Schedules:** Several weeks before the first day of school, begin to introduce the schedule and set of routines your child will need to follow.
 - Set and follow a time to go to bed that will be in place for school days.
 - Set and follow a wake-up time that will be in place on school days.
 - Put morning routines in place and follow them using visual schedules or other consistent systems (feel free to work with your teacher or BCBA for ideas to assist with this). This includes the routines for morning hygiene, breakfast and getting dressed within a time frame that will allow the child to be ready for transportation to school.
- 2) **Prepare for New Protective Measures:** You can help ease your child's transition to school by exposing him/her to safety measures our school (and all schools) will be utilizing.
 - Desensitize your child to seeing others in face coverings and, if possible, to putting a face covering on and keeping it on for as long as he/she will tolerate it.
 - Consider getting multiple face coverings that are preferred by your child-maybe with cartoon characters on it, different styles that may be more comfortable for your child, etc. and practicing with those.
 - Practice steps and provide many opportunities for handwashing and hand sanitizing. Your Occupational Therapist may have some helpful suggestions for working on this.

- If possible, model and practice social distancing.
- Access videos and social stories about face coverings ([please refer to links on the Bancroft Website or your teacher's Google Classroom](#)) to review regularly with your child in the weeks before he/she returns to school.
- Access videos and social stories about using hand sanitizer ([please refer to links on the Bancroft Website or your teacher's Google Classroom](#)) to review regularly with your child in the weeks before he/she returns to school.
- Access videos and social stories about social distancing ([please refer to links on the Bancroft Website or your teacher's Google Classroom](#)) to review regularly with your child in the weeks before he/she returns to school.

3. **School Will Look a Little Different:** To help your child adjust to some of the Covid-safety-focused environmental changes in the school, you can present your child with social stories and pictures of the school and regularly review what looks the same and what looks different ([please refer to links on the Bancroft Website or your teacher's Google Classroom](#)). You can ask your child's teacher for any additional specific changes you may want to review regarding the classroom itself.

4. **Google Classroom:** Many of our students and families have been able to access remote instruction through a virtual classroom. As we return, be aware that each teacher has set up their own Google Classroom where students and families can get information and remote instructional materials. Google Classrooms will be used in school, residences, and homes to help our students to know when it is "school time." Each student has a special Gmail account for families to log in. If anyone is having trouble logging in, please let your teacher know. A parent manual has also been created to assist families. ([please refer to links on the Bancroft Website or your teacher's Google Classroom](#)).