My Return to School

A questionnaire for young people to help plan for your return to school

Salford City Council
The last few months have been a strange time, as many of us have been away from school and staying safe at home. Now, as schools are beginning to open for all children and young people, we will all have lots of different thoughts and feelings about this. Completing this booklet will help you talk about your own thoughts and feelings, so adults in your school and family can help support you to return to school.

Please answer these questions as honestly as you can. There are no right or wrong answers, we are just interested in your views!

**Section 1: About me**

We would first like to find out a little more about you

My name is: __________________________________________________

These things and people (e.g. music, sport, teachers, friends) are important to me: (You can write, draw a picture, or add photos here)

Important people and things outside of school:

Important people and things in school:
Section 2: Staying at home

We would like to find out a little more about your experience at home since the schools closed to most children and young people.

My typical day at home since my school closed has included doing the following things: (Please write or draw the activities you do)

<table>
<thead>
<tr>
<th>My typical weekday</th>
</tr>
</thead>
<tbody>
<tr>
<td>I get up at...</td>
</tr>
<tr>
<td>In the morning</td>
</tr>
<tr>
<td>In the afternoon</td>
</tr>
<tr>
<td>In the evening</td>
</tr>
<tr>
<td>I go to bed at...</td>
</tr>
</tbody>
</table>

How have you been feeling at home? (Please circle a number from 1 to 10)

1 2 3 4 5 6 7 8 9 10

Not good! Okay... Great!
Staying at home has often made me feel: (Please circle all the ones that are true)

- Angry
- Excited
- Bored
- Missing people
- Scared
- Worried
- Sad
- Very sad
- Happy
- Very sad

Are there any other feelings you would like to share? (Please write or draw your own emojis below)
What do you like about staying at home and not going to school?

What do you not like about staying at home and not going to school?

What was it like learning at home for you? (Please circle a number from 1 to 10)

1 2 3 4 5 6 7 8 9 10

Not good! Okay... Great!

What was good about learning at home?

What was not good about learning at home?
Section 3: Going back to School

We would like to find out a little more about your feelings around returning to school.

How do you feel about returning to school? (Please circle a number from 1 to 10)

1  2  3  4  5  6  7  8  9  10

Not good!  Okay...  Great!

It is okay and completely normal to have any of these feelings. Returning to school might feel both exciting and scary at the same time. And whatever you feel right now, please know that you are not alone.

What are you most looking forward to about returning to school? (Please rank them in order of their importance to you, e.g. writing 1 next to the one you are most looking forward to, then 2 beside the next most important, and so on)

Seeing my friends  Learning  Having routines  Breaktimes  Time away from home  Seeing my teachers

Is there anything else you are looking forward to?
When thinking about school, which of these statements are true for you?

(Please circle all the pictures that you agree with)

<table>
<thead>
<tr>
<th>I feel worried</th>
<th>I worry about leaving my parents/carers to go to school</th>
<th>I can do things if I really try</th>
<th>I need help with my learning</th>
<th>People don’t listen or believe me</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t like reading aloud</td>
<td>There are people who help me at school</td>
<td>I feel confused</td>
<td>I prefer to spend time doing fun stuff at home</td>
<td>I believe people care about me at school</td>
</tr>
<tr>
<td>I don’t like some of the teachers</td>
<td>I am being bullied</td>
<td>I worry I have a fever</td>
<td>I think things will get better</td>
<td>I would rather spend time on my phone/games</td>
</tr>
<tr>
<td>School is too noisy or busy</td>
<td>I feel embarrassed</td>
<td>I have friends at school</td>
<td>I don’t understand what the teacher is saying</td>
<td>I would rather be at home</td>
</tr>
<tr>
<td>I don’t like speaking in public</td>
<td>I worry about catching coronavirus</td>
<td>I feel pressure</td>
<td>I don’t like PE</td>
<td>I feel in control when I am at school</td>
</tr>
</tbody>
</table>
Here are some more statements.

When thinking about school, which of these statements are true for you?

(Please circle all the pictures that you agree with)

I feel like I belong at my school

My family need me to be at home

I worry about seeing my classmates

I worry that my family will get ill

I feel stressed

My family need me to be at home

I worry about seeing my classmates

I worry that my family will get ill

I feel like I belong at my school

My family need me to be at home

I worry about seeing my classmates

I worry that my family will get ill

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I worry that my family will get ill

I feel stressed
At school, I would like to get better at: (Please select those that apply)

- Coping with my feelings
- Making or keeping friends
- Reading or writing
- Other types of learning
- Asking for help

Is there anything else you would like to get better at?
When I think about returning to school, I have questions about: (Please circle those that apply)

- Who will help me?
- Coronavirus
- The new school rules and layout
- What help will I get with my learning?
- How will school keep me safe?
- Which other young people will I be grouped with?
- My new timetable
- How I can cope with my feelings

Do you have any other questions about returning to school?
Section 4: My coping toolkit

When I feel worried these things help me most: (Please select those that apply)

- Keeping my brain busy
- Exercise
- Deep breathing or being peaceful
- Being creative, e.g. art or writing stories
- Playing or listening to music
- Talking to a friend or someone I trust
- Being around other people
- Having some quiet time
- Not sure!

Anything else you do that helps you:
Thank you for completing this questionnaire. Your answers will help adults to plan how they can support you back to school.

Is there anything else you want to tell the adults at school or home?

If you are feeling very worried about returning to school, please talk to a key adult e.g. a parent/carer or teacher.

Below are some places to go to get further information or help if you would like this.

Wuu2 A website for young people in Salford aged 11-9 with activities, events, news and videos
https://www.wuu2.info/

Kooth Online mental wellbeing support which is free, safe and anonymous. Includes access to online tips and advice from other young people and the Kooth Team, discussion boards, a chat service and online journal.
https://www.kooth.com/

IYSS Integrated and Targeted Youth Support Services (IYSS), offers youth work and targeted sessions, alongside a range of specialist projects for young people

42nd Street Supporting young people with their emotional wellbeing and mental health. If you’re aged 12 to 25 and you’re struggling, they can help.
https://www.42ndstreet.org.uk/ Phone 0161 228 7321 (Mon – Fri 9.30am – 5.00pm)

Greater Manchester Health and Social Care Partnership – Resource Hub
Free access to a useful range of documents and films around mental health, includes a COVID-19 specific section.
https://hub.gmhsc.org.uk/mental-health/

Emerging Minds - Supporting children and young people with worries about COVID-19
emergingminds.org.uk

Think Ninja - ‘Thinkninja’ app providing self-help knowledge and skills for young people from 10-18 years old who may be experiencing increased anxiety and stress
www.healios.org.uk/services/thinkninja1

Childline - Features lots of breathing exercises, activities, games and videos to help you let go of stress
www.childline.org.uk/toolbox/calm-zone

This booklet was initially written by the West Sussex Educational Psychology Service, who kindly gave Salford City Council permission to adapt it to fit the needs of our Local Authority.