



# Back to School Toolkit

Tameside Education Welfare Service

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TAMESIDE



SCHOOL

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**Welcome** to a new school year!

We're all so **happy** that you're here.

With your wonderful smiling face,

you'll make the classroom a **special** place.

We hope your summer was lots of fun

And you had lots of **adventures** in the sun.

Summer's been busy for you and for me.

Now let's make this the **best** first day it can be.

There is a lot to **learn** we know.

Working together we all can **grow**

Starting a new year can be tough, it's true.

But you have everything to **succeed** inside **YOU**

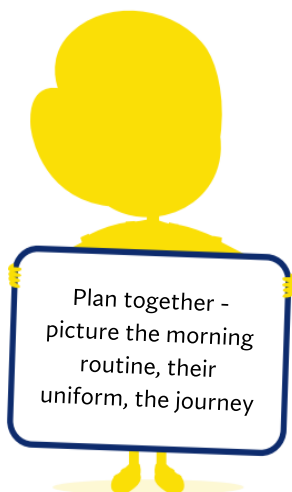
So, take a deep breath, unpack, and get set,

And let's make this the

**BEST YEAR YET!**



# WAYS OF HELPING YOUR CHILD GO BACK TO SCHOOL



You're not on your own. Contact your school or the Education Welfare Service at [education.welfare@tameside.gov.uk](mailto:education.welfare@tameside.gov.uk) or 0161 342 2112 for further guidance and advice.



Returning to school in September is, for most parents and pupils an exciting and joyful time. Pupils see their friends and return to having more routine and structure in their lives. However, it is recognised that some parents and pupils may experience a degree of anxiety about the start of the new school year. The Education Welfare Service has put together some useful resources from a variety of sources, which may help when working with pupils and their families.

## **USEFUL RESOURCES FOR RETURNING TO PRIMARY SCHOOL**

- **Advice and games to help you and your child prepare for primary school, then thrive during their first year**  
[Starting primary school - BBC Parents' Toolkit - BBC Bitesize](#)
- **Tips for helping parents and children prepare for starting primary school**  
[Seven tips for parents and carers to help prepare children when starting primary school - CBeebies - BBC](#)
- **Going Back to School Advice PowerPoint**  
<https://www.twinkl.co.uk/resource/going-back-to-school-advice-ks2-powerpoint-tp-2550125>
- **Game**  
[Play My First Day at School - BBC Bitesize](#)
- **Back to School lesson and assembly ideas**  
<https://www.twinkl.co.uk/resource/pshe-and-citizenship-back-to-school-whole-school-lesson-and-assembly-pack-t-1f-2549093>

[KS2 First Day Back Activity Pack - Teaching Resources \(twinkl.co.uk\)](#)

- [Back to school resources 2023 | Tes](#) – some free and some for a small charge



## USEFUL RESOURCES FOR RETURNING TO SECONDARY SCHOOL

- **Supporting transition from primary to secondary school**  
[cc-moving-from-primary-to-secondary-school-activity-pack.pdf](#)  
([childrenscommissioner.gov.uk](#))
- **Advice for parents who have a child starting secondary school this year, with tips on the emotional and practical sides of the transition.**

[Starting secondary school – BBC Parents’ Toolkit – BBC Bitesize](#)

## WELLBEING ACTIVITIES & RESOURCES

- **Managing Anxiety & Worry from Barnardos**  
[Strategies for coping with anxiety and worry | Barnardo's \(barnardos.org.uk\)](#)
- **School Anxiety and Refusal from Young Minds**  
[School Anxiety and Refusal | Parent Guide to Support | YoungMinds](#)
- **NSPCC Advice on Children’s Mental Health**  
[NSPCC Children's Mental Health & Anxiety Information](#)
- **Worry Jar**  
[www.elsa-support.co.uk/worry-jar](#)
- **Anxiety Thermometer**  
[www.elsa-support.co.uk/anxiety-thermometer](#)
- **Relaxation Tips and Worksheet**  
[www.elsa-support.co.uk/just-relax](#)
- **Bee Here! Now (A Story about Anxiety and Mindfulness)**  
[www.elsa-support.co.uk/bee-linda-bee-mindfulness-story](#)
- **Celebrating Our Achievements**  
<https://youngminds.org.uk/media/3932/celebrating-achievements.pdf>



## HEALTH

- NHS guidance on childhood illnesses and attending school  
[Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk)  
[Should I keep my child off school checklist poster \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)
- Tameside School Nursing Service  
[School Nursing :: Tameside Children and Young People](#)

## SEND

- Social stories  
[Ease Back to School Transitions with Social Stories \(additudemag.com\)](http://additudemag.com)
- Online course for teachers, TAs, SENCOs & parents and carers  
<https://www.schudio.tv/courses/preparing-autistic-send-children-for-going-back-to-school>

## OTHER RESOURCES

- BBC Bitesize Parents' Toolkit is the place for mums, dads, carers, and the whole parenting community to find stories, expert advice and fun activities that will help you support your child in a changing world.

[Parents' Toolkit - BBC Bitesize](#)

### **Free School Meals**

- For information and eligibility for Free School Meals  
[Apply for free school meals - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



## Travel

- **Home to School Transport:** Local authorities' duty to provide free home to school transport to eligible children remains the same.

Children are eligible if:

- they are of compulsory school age
- attend their nearest suitable school and it is beyond walking distance
- or are unable to walk to school because of their special educational needs, disability/mobility problems or because the route is unsafe.

Refer to the Tameside website for further information

[Home to School Transport Policy \(for students aged 5 to 16\) \(tameside.gov.uk\)](#)

- **IGO Pass:** Children aged 5 to 10 and live or go to school in Greater Manchester will need an igo card to buy some of the tickets available for the concessionary child bus fare in Greater Manchester. For those aged 11 to 16, they must have an igo card to travel using any child ticket on buses in Greater Manchester.

[igo card | Transport for Greater Manchester \(tfgm.com\)](#)

- **16 – 18 Free Bus Travel:** Families with school leavers can apply for a travel pass which provides free bus travel across Greater Manchester from aged 16 to 18. For a one-off £10 fee, members can travel on most local buses, any day of the week, for free. To apply:

[Homepage – Our Pass](#)

## Uniform

- Since 2012, Tameside has acted in line with many other local authorities and no longer has a clothing grant scheme. The Council retains a small amount of money to support parents/ cares in exceptional circumstances. The fund is only available through professional/school. For eligibility criteria and how to apply:

[Clothing Grant - Hardship Fund \(tameside.gov.uk\)](#)

- For all Tameside residents. Action Together collect used school uniforms. Collected from schools lost property and donations received from parents. Clothing is stored and then distributed to parents in need. The distribution is undertaken self-referral or professional referral, which includes schools. 100% confidentiality is maintained.

[Action Together | For stronger communities in Oldham, Rochdale and Tameside](#)

