

Welcome Back to School



We are so excited to have your student back in school. This new school year is unlike any we have ever had. The last few months have been a real challenge for all of us. The transition out of isolation and back into a group setting may be a challenge for some. We want to do all we can to help your student make this transition as smooth as possible. It would help us if you took a few minutes to provide us with some helpful information about how your student did during the long period of isolation.

Please respond to the questions inside and return to us.
Together we can make the start to this school year a positive experience.

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Return to:



1. On a scale of 1-5 with 1 being *"My child had real problems adjusting to the isolation"* and 5 being *"My child had no problems at all"* . . . how would you rate your child's response to the long period of isolation when you had to "shelter-in-place"? Circle your score. 1. 2. 3. 4. 5.

2. Did your child experience any kind of stressful situation during the lock-down, such as the death of a family member, a parent losing a job that impacted the family, or any other stressful situation? How personally affected was your child by that experience?

3. If your child had any pre-existing challenges with their physical or emotional health prior to the lockdown, how did the isolation impact him/her?

4. Did your child demonstrate positive coping skills during the lockdown, such as mindfulness, exercising/playing outside, sharing how they were feeling with someone, etc.?

5. Did your child have the opportunity to interact with a caring adult outside the family who was able to offer support and reassurance?

6. What is one thing you want us to know about your child as they return to the classroom?

Student's Name:

Grade: