



SPECIAL REPORT

Coronavirus - The Transition Back



The Transition Back

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As lockdown restrictions are slowly being lifted to varying degrees, we enter a time of transition and adjustment. The circumstances of this situation have significantly impacted us all.

For some it has been an opportunity to reflect on what is important, whilst others have embraced the opportunity to learn new things. Many young people may be excited at the prospect of restrictions being lifted; others may feel mixed emotions. Reactions will differ depending on how well they cope with stress and change. Keeping a check on your child's mental health and wellbeing as they adjust to new routines, will be vitally important.

There is still a lot of uncertainty ahead of us, so focusing on the things you can control or enjoy doing or even value, can help establish predictability and familiarity for the whole family. Adult carers need to provide young people with reassurance by acknowledging any concerns and fears they may have at this time. Consider this to be a normal reaction, however it may be best to focus more on their feelings and emotions, rather than the practicalities at this stage.

In this Special Report, we share a few ideas to help ease this time of transition and adjustment. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the College for further information or seek medical or professional help.

[Here is the link to your special report](#)

Mrs Jacoline Petersen

Director of Student Counselling
