



GETTING BACK FROM  
LOCKDOWN  
SURVEY REPORT  
JUNE 2020



## Background

As Parent to Parent continued to support families and young people during the Coronavirus pandemic, it became apparent, that there was a great deal of anxiety around coming out of 'Lockdown'. Especially returning to school. We decided to gather thoughts, views and what was worrying families using a survey monkey. This was sent out to all the young people the Young Person Advocacy team were supporting, and also posted on our Facebook page. Our idea was to collate a toolkit with ideas and strategies that both parent and child could work on together or jointly over the summer holidays, and use to prepare for returning to school.

So we said:

*Parent to Parent would like to put together a resource toolkit (a collections of ideas/strategies to help you cope with difficult/hard situations) to help parents, children and young people who may be worried about moving out of lockdown and going back to school. We would like your help to identify what would be useful to put in it. If you could tell us a bit about yourself so we can gauge right age/stage, and what is worrying you and your child, and what barriers you think there might be to returning to school: The Government is ensuring that all businesses, and schools will be Covid-19 secure, with risk assessments in place, however we wanted to support you emotionally, and practicably.*

*We received over 55 responses the majority were from the young people themselves, but there were a couple of responses directly from the parents.*

We asked ?

Who are you?

and you  
told us!



*Childs's age?*

Child age	Numbers of that age
3	1
5	3
6	3
7	5
8	5
9	6
10	5
11	3
12	6
13	9
14	4
15	3
16	2



***School attended?***

***A total of 35 schools across Tayside is represented in the response***

Baldragon Academy	Kingspark
Ballumbie Primary	Monifieth high
Blairstown High School	Muirfield Primary
Brechin High School	Newhill
Burnside	Oakbank Primary School
Carlogie Carnoustie	Perth Grammar
Carnoustie High school	Robert Douglas Memorial School
Chestnut Green	Seaview Primary School
Claypotts Castle primary	Specialist Provision Perth Academy
Coupar Angus primary	St Fergus Primary
Fairview Perth	St Marys rc primary school
Fairview School (nursery)	St Pauls Academy
Ferruden primary	Stathmore Primary school
Fintry primary	Strathmore Primary
Forfar academy	Tulloch PS
Forthill Primary	Whitehills Primary
Grange Primary	Woodlands Primary school
Inverbrothock	

## What is the one thing that you have missed about school?

The overwhelming response to what was missed was:



*Seeing Friends*

*My teachers*

*Teacher support for explaining work*

*Hugging and walking arm and arm with my best friend*

*Playing with staff*

*My friends and going on the computers.*

*My Teacher but I'm moving from Longhough to Strathmore.*

*Seeing people*

*Being in a classroom environment*

*Being in the art class*

*Education*

*Routine*

*Socialisation*

*Getting help with work*

*My stuff that I keep there*

*Structure*



*Football at lunch*

*Lego & strawberry fields*



*Absolutely nothing*

*Nothing*

*Nothing*



*Nothing because I'm happy at home with my mum and dad*

## **What are you looking forward to most about going back to school?**

*Seeing my teachers and friends*

*Meeting up with friends face to face and not just phoning/texting*

*Making new friends*

*Learning and playing with my friends at break/lunch time*

*Seeing XXXXX*

*Seeing and being with other people*

*Walks home with my mates*

*nothing he needs back as he won't socialize with anyone*



*Actually learning*

*Routine and socialisation*

*Numbers*

*Getting help with work. Someone to talk to if I need to.*



*Athletics season*

*Swimming*

*Getting back to strawberry fields*

*getting back to Some sort of normality*

*Having peace every day*

*normality and routine*



*Nothing*

*For not going back to Carlogie*

uhhh nothing really..I don't like school but I'd like to see my teachers again



## What is your biggest worry about going back to school?

*All the changes and being away from my mum and my key worker not being there  
"I'm worried I might forget everything we have done and get upset and annoyed that  
I've forgotten maybe." XXXX (sister)*

*Pregnant people*

*Being on my own*

*Seeing my classmates*

*Starting N5 maths*

*Getting up in the morning/forgetting timetable/being on time*

*Anxiety. I get very anxious with noise and things happening around me*

*Getting ill*

*For him picking up the virus's through all the contact of people and other children*

*That there will be changes that I don't understand and won't manage with.*

*Other Horrible Pupils*

*Going back to school after spending so much time at home with family  
stress*

*Catching & bringing corona virus home.*

*My XX will really struggle Getting back into a routine & staying away from her friends  
falling behind*

*That i could get sick and die*

*makeing friends*

*That this year might go quick and I won't have enough time to prepare for my exams*

*More social distancing and how things are going to be a bit different*

*another new routine for him to learn*

*Starting high school because we will most likely go back after the summer*

*Bullying, If safe from virus*

*Going into a new school not being able to cope with the work load and if it all starts to  
get too much as he's whole routine has been changed due to covid-19*

*Not being able to play properly with my friends at break times*

*getting depressed from bullying again and being paranoid*







## What is your biggest worry about going back to school?

*Going straight to high school with no transitions and what the work at high school will be like*

*Being behind*

*Not knowing where to go, what to say, what to do and what people expect of me catching covid again very nervous hes had covid 19 he scared if he goes out he get it again*

*he hasn't had any transition to primary 1 and has been out of the routine of nursery/school for a while now*

*Not knowing what teachers I have*

*Safety*

*New teacher, new classroom, too many people being too noisy*

*Catching the virus*

*It is all going to be different because of corona virus. I'm scared it is going to spread at my school. I don't want to catch it. I don't know what we will have to do to stop it spreading at school. There will be new rules*

*I'm worried that school will be so different now after COVID-19*

*Starting high school and feeling dumb*

*Not being like before*

*The children will be confused about their new class*

*Me being bullied*

*Everything*

*Bullies*

*no worries (was the quote but said with apprehension I think)*

*work*

*XXXX needs help with anxiety, learning how to deal with his anger, he doesn't sleep well either*

*Back behind in my work*









## What sort of things would you like to see in the resource toolkit?

Transition things, links to websites, all kinds of school work information, especially literacy and maths work

How to help anxiety

I don't know because my key worker is going to have a baby and not be there for a long time and she is the only teacher that can help my worries

Nothing, they're annoying pamphlets

not sure as don't want to go back extra support on how to get back to school and back into the community

Lots of pictures of the school inside and out, the teacher, my peg, places where i line up, a photo of the school uniform etc.

Character stress relievers (fnaf) med kit Strategies for getting back to routine, introducing school. And she seems nervous about going out

Social stories, PECS,  
Anything

Strategies for getting back to routine, introducing school, and she seems nervous about going out

Coping strategies for anxiety/worry

Vitamins for keeping my immune system strong, a squishy to squeeze in case I get stressed or worried. My own calculator so I don't have to share with people at school.

Things to help me learn the new rules

Fidget toys for my anxiety, info on strategies to help me cope, hand gel as I worry about germs

squishy methods for calming down

Fidget toys, timer for brain time and brain break time.

A worry box



As a result of this survey, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'.

Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school

We have placed this resource onto our website, and have sent a link to everyone who had registered an interest in receiving a copy of the toolkit. We have also posted the link onto our Facebook page

*Parent to Parent is a charitable organisation, working together with parents and children with additional support needs - If you would like to discuss what support we could offer you, please contact us:*

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