



GREY KOLLEGE SEKONDÊR COLLEGE SECONDARY

A SOUTH AFRICAN PARALLEL MEDIUM SCHOOL FOR BOYS

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LEARNING AND SUPPORT CENTRE

Guidelines for parents to prepare the boys for school re-opening

Many parents are experiencing mixed emotions regarding the re-opening of schools and their children's subsequent return to their school desks. As the economy re-opened with the implementation of Level 3 and more parents returned to work, many without their usual support systems in place, parents are faced with difficult choices regarding the reintegration of their children back into schools. There are, however, steps that parents can take to prepare their children for the new manner in which they will be attending school when they return.

1. Be informed

Ensure that you are aware of the school's operational protocols, regulations and procedures which have been communicated and share all information with your sons to empower them and equip them with a sense of control during an uncertain and unknown school experience. Approach all questions they might have honestly and realistically to allow you sons to adjust their expectations accordingly.

2. Normalise

Help your son understand that the public safety regulations should also be followed at school and that it forms part of the new "normal". Although everything possible is being done to continue providing the boys with the "Grey experience", it is important that parents prepare them for the fact they will not be returning to school in the manner that they were used to pre-Covid 19. Be pro-active and discuss the regulations provided by the school before your sons return to ensure that they know what to expect.

3. Create a learning orientation

Encourage your sons by providing positive feedback about the time, effort and academic work they invested during lockdown. Take precautionary measures by ensuring that the necessary support (extra class and/or study therapy) is in place to address academic areas where they may be lagging behind. Assist your sons to get used to a school routine and implement structure for academic responsibilities.

4. Do not burden your children with adult fears

Dealing with one's own fears and anxiety in an effective and healthy manner is one of the most important determinants in the process of empowering the boys and making them feel secure. When parents model healthy coping mechanisms and demonstrate a balanced perspective based on scientific facts rather than the polarised image portrayed in the media, boys learn from their parents' example to model emotional resilience. Focus on what *can* be controlled, as opposed to wasting psychological energy on factors that cannot be changed.

The Learning and Support Centre offers emotional, as well as academic support (study therapy) and looks forward to welcoming the boys back. Feel free to contact us to schedule an appointment (lclaassens@gc.co.za).

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