

# WHY DO I HAVE TO GO SCHOOL?

Covid 19



Barnet, Enfield and Haringey  
Mental Health NHS Trust



*A University Teaching Trust*



The Coronavirus is making people sick at the moment. It spreads easily when lots of people are close together. It spreads much more slowly when lots of people stay at home.



Lots of children are not going to school because the government wants to stop too many children being too near one another.

You are going to school because the people who look after you at home are very important.

They are the people who make sure everyone stays well or looks after them when they are sick.



You get to go to school so that your parents can help people.

You might think that you should be able to stay home like lots of other children. You might feel that other children are getting a holiday from work!



It would make sense to feel cross and even really angry about this.

You might think that you could get sick if you go to school. You might think if they are keeping children away from school, maybe you need to be at home too.



It makes sense that you could feel worried about this.

You might think that your parents or other people who look after you might get sick too, if they are not at home.



It makes sense that this might feel worrying and upsetting.

It could help you to know that the government wants everyone to be safe and well. The people who look after you at home also want everyone to be safe and well, including you.



Your parents know how to look after other people when they are sick and they know how to look after themselves too.

Teachers know how to look after children and help them stay safe. At school, there will not be many children. This will stop the virus spreading.



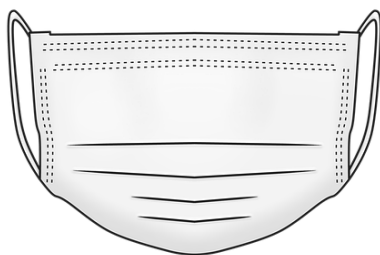
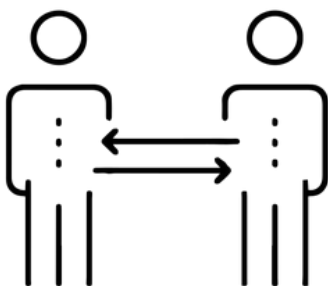
At school everyone will wash their hands and use a tissue if they need to blow their nose. This will stop the virus spreading.

If you feel worried and sad, it might help to:



Tell someone at home or school how you are feeling. One good thing about being at school is that it will be easy for you to tell the people looking after you there, like the teachers, what is going on for you.

If you feel worried about whether your parent is safe, it might help to:



Think about the ways they look after themselves. You could ask them to write or draw all the ways they stay safe.

If you are annoyed or angry that other children get to stay at home, but you have to go to school, it might help to:



Think about all the fun things you get to do at school. Meeting friends and teachers is something the children who are staying at home don't get to do. It might also help to think that all the other children have to do school work at home!

This resource has been developed by Enfield Thrives Together, an emerging virtual team of existing school-facing services to provide a focus on supporting the health and wellbeing of our school communities.



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THRIVES TOGETHER

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