



Bal Bharati
PUBLIC SCHOOL
Sector-21, Noida, G.B. Nagar

**BACK TO
SCHOOL**



SOP

Reopening of Schools

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We take pride in being amongst the schools who were already on an innovation trajectory when Covid19 took us by surprise, we used the pandemic as an accelerant for delving deep into technology for enhanced learning experiences for our students.

I remember vividly, it was the 19th of March, 2019 and our IT department was propelled into exploring the options for online classes by Principal Ma'am and around the 25th of March we had already begun our online classes using google meet and google classroom while many were wondering whether Covid was for real or was there a probability of holding online classes.

On behalf of Principal Ma'am and my own self- We would like to place on record our appreciation for all the teachers who equipped themselves with the latest digital tools

Challenges Ahead



As I mentioned earlier, we have seen limited academic interruptions at Bal Bharati Noida, infact we have used the catalyst of the Covid-19 pandemic to grow personally and implement more experimental curricula than we would have done under normal circumstances, but in all humility we realise that there are many students who have not been able to keep pace with the curriculum.

After months of isolation ,as the Covid 19 wave abates, our students longing for the physical connect with their friends and teachers may be re entering the portals of their school next month and we must acknowledge that the social fabric that the students have missed out on needs to be reconstructed ,after a two year hiatus



✓ Social Turbulence

✓ Emotional wellbeing

✓ Learning Gaps



There will be few of our students who will be grieving the loss of a primary caregiver and this effect may become all the more pronounced when they come to school and find their friends talking about their parents.

Children may be going through emotional and social turbulence.

There will be learning gaps that need to be bridged as the children return to the school along with other psycho social challenges that would require deep diving.

How shall we open to full capacity ?

- ✓ Belief in school policies
- ✓ Collective Responsibility
- ✓ Move from I to WE

The return to school is an important and hopefully welcome step, but all us will have one question in common.

How will we reopen to full capacity ??

It is for us teachers, to have faith and conviction in the school policies and ensure smooth implementation.

To believe that it is not an individual's responsibility to maintain a safe and hygienic environment but a collective responsibility involving each one of us.

We have to move from I to We.

Re entry Programme

- ✓ Welcoming environment
- ✓ Watchful teachers
- ✓ Safe and secure spaces
- ✓ Role of Class teacher
- ✓ Students must speak
- ✓ Teachers as observers
- ✓ Role of counsellor

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- Hence when the schools re-open, it is essential that there is a re-entry programme where the student rediscovers interpersonal relations and the transition from home to school is a smooth one.
 - When students come to school, there should be a welcoming environment.
 - For Pre Primary who have not had the opportunity to come to school and Lower Primary students who graduated from the Mont classes during the pandemic, it will be like entering alien spaces.
 - Some welcome banners, smiling faces of teachers in the corridors ;even support staff will be most endearing.
 - The school must reverberate with activities and no corner should remain isolated

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- Support Staff should be prepared to help and guide the students politely.
 - It is essential that the students realise they have moved to a safe and secure space.
 - Teachers should be watchful.
 - There are bound to be some behavioural problems like boredom, loss of concentration, irritability, restlessness, loneliness and even some undocumented worries.
 - The role of the class teacher becomes very crucial where she will act more as an anchor, facilitating sharing of feelings. She must initiate a continuous dialogue in the classroom
 - The purpose of these discussions is to listen and empathise no judgement to be passed whatsoever or any suggestion as to how it could have been handled better or differently.

- The idea to be expressed is that all cope with situations differently and all are right.
- All students must be encouraged to speak. There are always some who are reticent and would hesitate thinking they may be laughed at or berated by some. Here they must be assured that each view point is sacrosanct.
- The teacher will have to act as an observer, she may find a few students who seem more impacted and could require intervention by the counsellor. The teacher will have to then plan sessions for them ,but very tactfully.
- Informal PTMs should be more frequent and personalised as both the school and home must be in close connect in these early days to be able to plug any holes.

Together all the teachers and students must reject negativity and ease out trauma, to build resilience.

Coping with Stress and Anxiety: Strategies for Students

- ✓ Share
- ✓ Engage
- ✓ Communicate
- ✓ Acknowledge feelings
- ✓ Reflection
- ✓ Positive thinking
- ✓ Schedule your routine and manage time
- ✓ Take care of your health
- ✓ Maintain a journal of gratitude

Activities for Coping with Stress and Anxiety: Strategies for Students -

- a. Share their feelings and emotions with teachers and friends.
- b. Engage in activities that help to feel positive
Engage in activities like indoor games, reading stories together, solving puzzles and crosswords, dancing etc.
- c Art is a big healer- drawing , painting , creating should be encouraged.
- d. Acknowledge feelings: It is important to recognize one's feelings and acknowledge that it is okay to have such feelings. There will be days without sunshine. The sun will shine after the rain and there will be rainbows.

e. Reflection: Give time to self to reflect on what one has been doing during the phase of lockdown for self and for others, which aspects one would like to change, what kind of effort/thinking/action it would require to bring that desired change.

Becoming aware of one's sensations and expressions may help to understand one's feelings.

f. Positive thinking: The key to avoid, manage, and reduce stress is a positive mindset and a positive attitude. Never lose hope, begin from yourself and pass it around to all. Be persistent in keeping positive thoughts.

Reaffirmations of one's beliefs about oneself - Face the mirror activity could be taken up

Become aware of your thoughts, feelings, and actions

g. **Schedule your routine and manage time:** Scheduling a routine helps to create discipline and can have a positive effect on one's thoughts and feelings. Students may modify their time table by reducing the time spent on daily activities that they were engaging in during the lockdown. This will help to transit to normalcy.

h. **Take care of your mind and body:** Make sure to eat a healthy and well-balanced diet, practice meditation, yoga, or breathing exercises after school hours to calm the mind and for building better mental and physical health. Also, get enough sleep every day

i. **Gratitude journal.** Every day write down how you could follow your plan of action. Note down changes in your feelings every day and share with your best friend.

Guidelines for teachers for promoting emotional health of students

- ✓ Initiate conversation in the classroom
- ✓ Engage in group activities
- ✓ Make students feel safe
- ✓ Avoid social out casting
- ✓ Acknowledge change and offer help
- ✓ Conduct reflective activities
- ✓ Tell inspiring life stories
- ✓ Initiate class blogs
- ✓ Morning assembly: warming up exercises/yogic exercises/meditation

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- ✓ Use of interactive panels /smart boards
 - ✓ Role of wellness club
 - ✓ Stand up comedy / Humour in classrooms
 - ✓ Storytelling sessions
 - ✓ Feedback/ Survey from students/ parents
 - ✓ Quiz on Prevailing situation
 - ✓ Journaling expectations / fears
 - ✓ Physical activity
 - ✓ Three minute pause

a. **Initiate conversational activities in the classroom:** It is important to focus on bringing back the normalcy in the classroom environment again. Teachers may start a conversation with the students on what they did during the Lockdown period to engage themselves in interactive sessions. Eg of Matrix movie - Gayatri Mantra

b. **Indoor individual games:** Mental maths games, word antakshari, make words, etc. and music and dance activities may be conducted in the classroom linking these with subject areas under proper guidance. This will help in keeping children happy and stress-free besides being healthy.

c. **Make students feel safe:** Teachers need to make their students feel safe and be able to share anything and everything with them. They may emphasize the fact that child fatalities due to Covid-19 are negligible but children can get it and transmit it if they behave unsafely.

d. **Help students to engage in collaborative activities in the classroom:** Conduct and encourage students to participate in various deep breathing exercises, activities that will help the students to be mindful. Teachers have to create an environment of emotional togetherness among students by -

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- i. Avoiding social out casting of anybody recovered from COVID-19
 - ii. Encouraging students to create cards or craft items for their friends as token of love and appreciation.
 - iii. Circulating positive messages , good thoughts in class groups

e. Acknowledge the change and offer help: Acknowledgement is first step towards Acceptance. Accept and help the students to accept that the present times are difficult. Make sure that the students know that you are there for them if they require any assistance or have any concerns to share.

f. Conduct reflective activities in the classroom: Reflective activities have huge benefits in increasing self-awareness in an individual and in developing a better understanding of others as well. Reflective practice can also help us to develop creative thinking skills and encourages active engagement in the classroom.

g. Tell Life stories: This activity will help the students get to know something significant about each other in a very short time. Students rarely get a chance to talk about themselves without interruption, (and without advice or judgment). Each student may speak without interruption for 5 minutes about his/her experiences during lockdown that has shaped her/him in significant ways.

h. Engage the students in group activities. Allow students proper environment and time to reconnect with each other- strengthen previous bonds and establish new ones. So let there be a little less of regimentation initially.

i. A blog capturing their personal journeys through the pandemic and inspirational stories will also be useful.

j. Morning Assembly

This is very important and must be planned carefully.

- Simple warming up exercises, prayers could be followed by an inspirational talk by a Staff member where it should be emphasised that the school has missed the students and told of the pleasure of having them back and how normalcy should be restored at the earliest.

Stories from Kenfolios / Ecofreaks / Better India / Josh talks could be quoted.

- In the morning, there also can be a short period of meditation to enable students gather their energy. Some breathing exercises may be done to help them to calm down and settle.

• Some yogic exercises may be practiced to make children comfortable. For example:

1) Micro yogic practices like the rotation of the head and shoulder, touching toes and stretching for primary children.

2) Some simple asanas like Tadasana, Vrikshasana, Swastikasana, Vajrasana, etc. can be organized for children in classes 6 onward.

3) Other breathing practices like Kapalbhati, Anuloma-Viloma, Pranayama can also be organized.

A small talk on rejuvenation could also be uploaded on the smart boards.

k. Wellness Club volunteers could go around ,meet and greet the students, reciting slogans and carrying placards with some very general information on how to keep fit and remain happy.

l. Small skits on how to institute wellness in daily life may be enacted.

m. Standup comedy may be encouraged There could be an element of humour related to some misadventures that happened.

n. There could be story telling. The class to be divided into groups and they could weave a story from a given situation while one of them could draw some pictures depicting the salient points.

o. A questionnaire could be prepared where student may be asked about his expectations from school, his fears and the feelings on coming back and how the new phase can become relevant. Effort should be made to limit the answer to True/ False.

p. A quiz on current situations world over and special features with respect to India's handling of the situation.

q. Write ups on their thoughts on re-joining school- expectations and fears versus reality. Should encourage journaling- penning down thoughts/ feelings/ fears/. It would help them express innermost thoughts and even share with fellow students. It is a kind of catharsis.

All these activities must encourage peer bonding and collaboration. Also most of these are not to be judged or evaluated- just allowed to happen.

r. Physical activity is of utmost importance. Students must go to the playfield and play a game of choice. Even running across freely will exhilarate them, giving a sense of freedom after being cooped up for so long.

Even free play as students indulge in during recess-- playing handball or tennis with a ball of foil paper should be encouraged.

The idea is that all indulge in physical exercise which gives pleasure and importantly gives a sense of togetherness.

s. Three-Minute Pause: The Three-Minute Pause activity can be used in the classroom at the end of the day. It provides a chance for students to stop, reflect on the concepts.

- **Teachers must exhibit empathy and must not indulge in talking low about any student.**

Transaction of curriculum

- ✓ Bridging the learning gaps
- ✓ Extra support to students
- ✓ Remediation
- ✓ Going slow with the curriculum initially

Transaction of curriculum

Students around the world have exhibited resilience and shown just how much they want to keep learning. They have persisted with their lessons under difficult circumstances, with the support of their dedicated teachers and parents. As schools reopen, teachers will face the daunting task of supporting students in covering lost ground.

Many children will need extra support to catch up on their learning when schools reopen. This might include starting the year with refresher or remedial courses, after-school programmes or supplemental assignments to be done at home.

The teachers would naturally be keen to plunge into the curriculum. But will have to go a little slow. In fact all the teachers will have to have a coordinated plan and a short meeting at the end of the day or two days to share notes and evolve strategies where the syllabus and wellness go hand in hand.

- **Fore warned is better prepared.**

Students should also be informed that the pandemic may return and we may have to go back online. But we have to take each day as it comes and not let our guard down at any time.

Going back to school may probably not be the same ever.

It's possible that schools may reopen for a period of time and then a decision may be made to close them again temporarily, depending on the local context. Because of the evolving situation, authorities will need to be flexible and ready to adapt to help keep every child safe.

- Children with special needs

Address Concerns of Children with Special Needs along with other Children Focus on the most vulnerable students (students with disabilities, and students directly affected by Covid-19 through a family death or hospitalization) to prioritize their needs.



- **Appreciate the Role of parents**

The pandemic has also forced the increased involvement of parents around the world in their children's education while schools are out of session. This provides a unique opportunity for encouraging parents to remain engaged over the longer term for better learning outcomes.



- **Promote Vaccination**

Vaccination is the leading public health prevention strategy to end the COVID-19 pandemic. Teacher can encourage students, and their families to get vaccinated March 2022 we will begin vaccinating 12-14 year olds



- **Masking and following Covid protocol**

Wash or sanitize your hands before putting on a mask and after taking one off;

- Do not touch masks while wearing them;
- Wear your mask over both your nose and mouth;
- Do not wear masks when they are wet, as that could make it difficult to breathe;
- Do not share or swap masks (and label masks to prevent accidental swapping); and
- Place used masks in [indicate location of receptacle].

• Transport considerations

Regardless of the mask policy at school, students and drivers must wear a mask on school buses, including on buses operated by public and private school systems, regardless of vaccination status.

- Opening windows, to increase circulation of outdoor air, as long as doing so does not pose a safety or health risk (e.g., risk of falling).
- Maintaining mandatory consistent, correct use of masks by adults and children while on a school bus. Bus drivers should be provided with extra masks to make available in case a student does not have one.
- Seating members of the same household next to each other.
- Assigning each bus rider to a designated seat that is the same every day, to promote clear expectations and assist with contact tracing, when needed.
- Using seat assignments that load the bus from the rear forward (and unload from the front backward) to help reduce student contact.

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- **Staying home when sick and getting tested**
 - **Fever or chills**
 - **Cough (for students with chronic cough due to allergies or asthma, a change in their cough from baseline)**
 - **Shortness of breath or difficulty breathing (for students with asthma or other respiratory conditions, a change**

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Stay Safe !

Stay Healthy !

