

Helpful Resources for Return to In-Person School and Work

❖ [CDC's Return to In-Person School Checklist](#)

This checklist for educator's goes through important considerations for physical and mental health for students returning to in-person instruction.

<https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-In-Person-Classes.pdf>

❖ [Communication is key for the return to school](#)

This article offers suggestions on how to ease the transition back in-person learning for students, and how to mitigate common anxieties about the return.

<https://connect.uclahealth.org/2021/02/25/back-to-the-classroom-communication-is-key-for-preparing-children-to-return-to-school/>

❖ [Emotional Support for Students Going Back to School](#)

This article describes ways in which K-12 educators and support staff can help to make a smooth transition back to in-person classes and bolster their students' emotional well-being.

<https://www.edweek.org/leadership/opinion-students-need-emotional-support-when-returning-to-school-in-person-heres-how/2021/03>

❖ [Information for School Nurses and other Healthcare Providers in Educational Settings](#)

This web page discusses important components of COVID-19 safety such as physical distancing, screening, and quarantine for school healthcare providers. It also lists important mental and emotional health considerations.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/school-nurses-hcp.html>

❖ [K-12 Schools Covid Mitigation Toolkit](#)

This toolkit, containing checklists and tips, highlights the best ways to maintain a safe learning environment for students, as well as ensure that their mental health and learning are prioritized upon the return to school.

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/FINAL-0321420_B_K-12_Mitigation_Toolkit508.pdf

❖ [Mental Health Resources for Back to School](#)

Lists a variety of resources for school administrators, educators, parents, and students about mental health during the transition back to school.

<https://mha.ohio.gov/Portals/0/assets/HealthProfessionals/About%20MH%20and%20Addiction%20Treatment/Emergency%20Preparedness/back%20to%20school%20resources.pdf>

❖ [Returning to School: A Toolkit for Principals](#)

This guide offers a variety of information and suggestions for school administrators about how to support students and educators upon their return to in-person learning, including how to structure activities to make up for “loss of learning” caused by distance learning.

<https://www.compcenternetwork.org/sites/default/files/Returning%20to%20School%20Toolkit%20for%20Principals.pdf>

❖ [Roadmap to Safely and Meeting all Students’ Needs](#)

This guide discusses the best ways to create safe learning environments, make up for lost education time, and support educators and staff upon the return of in-person instruction.

<https://www2.ed.gov/documents/coronavirus/reopening-2.pdf>

❖ [Safe Schools During the COVID-19 Pandemic](#)

Describes the best ways to create safe-schools when returning to in-person instruction. <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Return-to-School-During-COVID-19.aspx>

❖ [The Return to School: Tips for Parents of Anxious Children](#)

This resource for parents suggests ways that they can help ease the social anxiety of their children before they return to in-person learning.

<https://www.psychologytoday.com/us/blog/psychological-trauma-coping-and-resilience/202106/the-return-school-tips-parents-anxious>

❖ [Tips for Parents: Return to School](#)

This article offers tips from a psychologist about how parents can support their children’s mental and emotional health when returning to school in-person post-COVID. <https://www.cnn.com/2021/03/24/health/returning-to-school-after-covid-wellness/index.html>

❖ [Transitioning back to in-person school](#)

This guide for educators suggests tips for how educators can support both students and their families when returning for school. Especially for younger students. <https://empoweringeducation.org/blog/how-to-support-students-transitioning-back-to-in-person-school/>