

Reconnect and Recover

March 2021

It is anticipated that many of our children will return to school well and happy to be back with their friends and learning with enthusiasm. But for some children lock down will have negatively affected their lives. Mental health and well-being were a significant focus in the Autumn Term and it is hoped that this has provided our children with tools to help them manage their feelings successfully. Parents Evening has enabled parents and teachers to discuss each child and share any concerns there might be. Children who are particularly anxious about returning to school or whose parents have shared concerns over well-being will be referred to Mrs Noblett (Learning Mentor) who will put a plan of support in place.

However, as most children have been absent from school for the last three months and classes have not been together, some rebuilding work will take place each week in addition to the PSHE lesson which covers the primary curriculum.

The reconnect and recover work will follow the structure of “The Five Ways to Well-being” which is already part of classroom display and is supported by CORAM.

Over the next 5 weeks (the 3 remaining of this term and the first 2 of next) the outline below will be followed.

Week	Area of Wellbeing
Week 1 w/b 8 th March	Connect to Others
Week 2 w/b 15 th March	Be Active Every Day
Week 3 w/b 22 th March	Take Notice
Week 4 w/b 12 th April	Keep Learning
Week 5 w/b 19 th April	Give to Others

One classroom assembly time and one circle time session a week will be used to deliver this additional support but if individual classes require more support or time to a particular area of recovery, some additional PSHE lessons may take place.