

**Opportunities  
to shine**

**Community**

**Building  
Relationships**

# **Mental Health and Wellbeing**

**Managing feelings  
and behaviours**

**Curriculum**

## Supporting our children to build positive relationships with others

Many of our children will require support to rebuild their strong relationships they once had in school. They may need to re-learn how to interact in class, take turns and share, problem solve, seek help from an adult when it's needed and know which adults help and keep them safe when they need them.

- Children are given opportunity to talk with their peers and adults in the classroom, particularly on a morning. They will discuss how they are feeling, with everyone having an opportunity to talk.
- Work together to create rules within our class bubble that the children can understand and adhere to in order to ensure they feel happy and safe in school alongside their peers.
- Plan for extra story times and circle times to allow children time to talk and reflect on experiences. Ensure stories and activities allow us to talk to the children about their emotions and how they might be feeling.
- Encourage children to engage in activities that help them self-regulate - calming music after playtimes/lunchtimes, Mindfulness, reflection time (positivity wall)
- Plan in lots of time for staff to interact with children, and children to interact with each other during play times and within lessons. E.G lessons outside involving group work.
- Continue to use the school's restorative approach with the children, promoting kindness and independence when solving problems.
- Provide the children with outdoor learning (Scout Ed) where they will rebuild their relationships staff and peers.
- Provide opportunity for children to participate in social games

## Supporting our children to enjoy and achieve

We wish for all of our children to experience once again the many moments of success and achievement in school. This learning will be within our children's abilities and sits alongside an understanding that potential trauma experienced by our children during the school closures may impact on our children's ability to learn in the near future. Despite this, we will build in new learning opportunities that will look like familiar structured sessions that the children are used to (such as phonics, maths, guided reading etc.) so that our children can rejuvenate with the feeling of success and the desire to engage and achieve.

- Revisiting prior learning from previous year to consolidate learning, fill gaps and ensure the children feel confident in their own learning.
- Encouraging positive learning environment where it is okay to make mistakes.
- Celebrating everyone's successes through positive praise and reinforcement.
- Plan to the children's interests and styles of learning.

## **Supporting our children to manage their feelings and behaviours**

We also believe many of our children will experience emotions and feelings that they may not have had in the past. Our recovery curriculum will support pupils to relearn the positive behaviour they may have forgotten outside the school environment and we will equip our children with self-regulation strategies to help them feel safe and calm.

- Time for mindfulness everyday – PeaceOut/GoNoodle/CosmicKids
- Positivity wall – add to this everyday
- Growth Mindset display - refer to this frequently
- Breathing Boards
- Continue to use the school's restorative approach with the children, promoting kindness and independence when solving problems.
- PSHE focus, particularly during the first half term.

## Supporting our children to let their light shine

We know that our children are all individual and unique and we want them to remember that they all have talents and strengths. We want them to be confident and resilient learners who will have opportunities to learn in a variety of ways, believing in themselves and aspiring to be the best that they can be.

We will make sur that their voice is heard and they feel safe and valued in a caring and nurturing environment.

- Link to music lessons to allow children to express themselves. (Write song lyrics to reflect experience)
- Allow space for children to learn outside – e.g science and art lessons/ ScoutEd
- Promoting a safe environment to make mistakes by praising resilience and effort.

## Community

We recognise that the past months have been very difficult for all in our local community and school family.

We need to listen to what has happened in this time, understand the needs of our community and engage them in the transitioning of learning back into school.

- Allow children time to discuss what they enjoyed/didn't enjoy about being at home.
- Allow children to discuss what they are nervous/excited about.
- Scenarios and solutions to helping an individual in similar position (PSHE)
- Coming together at the end of the day to share something positive – positivity wall

