



# Recovery Curriculum

## PARTNERSHIP WITH PARENTS/CARERS

### Preparing your child for returning to school

At Cedars Academy we understand that you may have concerns as your child returns to school. Your child might feel excited or worried or both. We can assure you that we have carefully planned every consideration from health and safety and supporting your child with their anxiety or coping with change to planning a curriculum tailored to your individual child's needs; our Recovery Curriculum. We will be continually reviewing all these elements in response to national and local guidance and student, staff and family's feedback. We have put together some tips to support us, supporting you as a family.

- 1.** If you have a worry, please talk to your child's Bubble Lead. **Your Child's Bubble Lead is:** \_\_\_\_\_ or a member of our Senior Leadership Group.
- 2.** Each student will have a personalised reintegration plan so please keep communicating with us about what you learned about them in lockdown; what they have enjoyed doing, what has worked well for them, what they have found challenging and any worries or questions they have. If there are activities or routines they found calming or support them with any anxieties, we can include this in to their planning to support them.
- 3.** Talk through the Cedars Covid-19 Response Charter with them so that they understand it and why it is important to follow it – reassure them of all the changes they have adapted to well in lockdown and when they have been successful at these.
- 4.** Focus on what you know will be the same for them to build their confidence and give them something to look forward to – e.g. what familiar adult will they see? What familiar activity will they enjoy doing?
- 5.** Talk through the plans shared by school for their reintegration so they know what to expect; acknowledging the changes. Again, keep communicating and worries or questions so we can support and make changes to get it right for them.
- 6.** Keep calm and focus on the positives about returning, e.g. it will be quieter or they will have more attention from staff due to less students in school.
- 7.** Validate their feelings. Be curious and listen to their views – try not to dismiss their fears. Try saying “it's perfectly fine to feel like that at the moment” or “I can really understand why you would feel like that”.
- 8.** Support them getting back into good routines, e.g. waking a little earlier each day, eating breakfast, eating a healthy diet, washing their hands thoroughly and regularly, digitally distancing and spending more time away from their technology and building their confidence going out for local walks.

Once your child begins attending school again, it would really help the whole school community to stay safe if you could work with us and follow the guidelines below:

- 9.** Please send your child to school in clean clothing. School uniform is not required, but it is important that clothes are fresh on each day and are removed and washed immediately on their return home. If you need support with this, please do let us know.
- 10.** Your child will need their own filled and named water bottle and a packed lunch. Packed lunches are provided for children in receipt of free school meals. Free School Meals voucher allowances will be amended proportionately.
- 11.** Please do not send your child to school if showing **any signs of illness at all**. The virus can present in many ways, so it is safer for you to keep your child at home if they become unwell. If you suspect your child has Covid-19 then you must get them tested by contacting NHS 111 and informing the school **immediately**. If your child tests positive, they must remain home for 7 days. Everyone in the home must isolate for 14 days.
- 12.** It is very important that a parent or carer is **ALWAYS** contactable throughout the school day. We will need to contact you to take your child home immediately should they become unwell.
- 13.** As a school we have a very flexible approach to supporting challenging behaviours. We understand that these behaviours are a way of communicating a difficulty. Unfortunately, because of the risks of infection, we do have to insist that students follow the instructions outlined in our charter. If we feel that a student's behaviour compromises our ability to keep everyone safe, we will have to ask for the child to remain home. Please talk through the social story or charter that your child will be given and try to help them understand why it is very important to follow it.
- 14.** If you collect your child from school, please follow social distancing guidelines and make sure the entrance to school is kept clear for students to pass through safely. If you need to speak to your child's Bubble Team, it is always best to communicate through Bloomz, email or phone, this is to keep the numbers of people in the building low and to keep outside areas clear at drop off and pick up times. If you have an urgent issue, please let the member of staff on the door know and we will try to help.
- 15.** Although we are discouraging face-to-face contact with staff, we really do value our strong parent partnerships and want you to keep communicating with us through email/Bloomz/telephone so that we can keep reviewing your child's plan and support to get things right.

Finally, you are doing a great job. There will be many different views in the media and on social media platforms about what is the best thing to do for your child. We fully understand that everyone's experience during the pandemic will be different and we will do whatever we can to support you and your child whether they are in school or staying at home. Thank you for your continued support, we cannot make this wider reopening of school safe and welcoming for our children without it.