Recovery

Meeting the needs of young people on returning to school
Identifying and Closing Gaps

1. Transition  
2. Routines  
3. Curriculum  
4. Safe Spaces  
5. Vulnerability  
6. Diversity and Inclusion  
7. Mental Health  
8. Trauma  
9. Counselling  
10. Stakeholders
Transition

• How can we reduce anxiety?
• How can we mitigate emotional fallout?
• Preparation
• Partnerships
• Celebration
• Closure
Routines

• Going back to basics
• Eating
• Sleeping
• Toileting
• Moving
• Interacting
Curriculum

• Core Curriculum – the Arts
• Inner Curriculum – SMSC, PSHE
Safe Spaces

- Art Therapy Room
- Nurture Room
- Sensory Room
- Thrive Room
Vulnerability

- CP Register
- Shadow Register
- Criteria and Categories
Diversity and Inclusion

• Black Lives Matters
• Trans Awareness
• Sensory Issues
Mental Health

• Art Therapy
• Boxing Therapy
• Talking Therapy
• Peer Support Circles
• Outdoor Learning
Trauma

• Iceberg
• Betsy de Thierry
• Mike Armiger
• Dr Nadine Burke Harris
Counselling

• 1:1 support
• Student voice
• Being listened to
• Grief
• Bereavement
Stakeholders

• Staff Wellbeing
• Parent Mental Health
• Family Trauma
• Shielding
• Safeguarding
• Supervision
References and Resources

• ACEs: https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

• BERA: https://www.youtube.com/watch?v=1JhWJoXuQKo

• Educate and Celebrate: https://www.educateandcelebrate.org/

• MH in Schools Awards: https://www.leedsbeckett.ac.uk/carnegie-school-of-education/research/carnegie-centre-of-excellence-for-mental-health-in-schools/

• Place2Be: https://www.place2be.org.uk/

• SMSC Quality Mark: https://www.smscqualitymark.org.uk/

• Supervision Hub: https://www.leedsbeckett.ac.uk/carnegie-school-of-education/national-hub-for-supervision-in-education/

• Values-based Education: https://valuesbasededucation.com/