



# BRAVE

Beavers Recovery And Values Education

## Preparing your child for returning to school



At Beavers Community Primary School we understand that you may have concerns as your child returns to school. We can assure you that we have carefully planned every consideration from health and safety and supporting your child with their anxiety to coping with change by planning a curriculum tailored to your individual child's needs: our BRAVE Curriculum.

We will be continually reviewing all areas in response to national and local guidance as well as your child's, staff and family's feedback.

We are writing a personalised recovery plan for your child so please keep communicating with us, and encourage your child to, about what you have learned about them during the school closure: what they have enjoyed doing, what has worked well for them, what they have found challenging and any worries or questions they may have. We can then incorporate this into our day-to-day planning to support them if there are certain activities or routines they found calming or support them with any anxieties.

For more information about the recovery curriculum, please see the link below:

<https://www.evidenceforlearning.net/recoverycurriculum/>

We have put together some tips to support you and your child returning to school:

- 1.** Talk through what to expect at school and what changes they expect to see e.g. Classrooms may not look the same with social distancing measure in place.
- 2.** Show your child the welcome video of their new teacher on Facebook.
- 3.** Help to build their confidence by giving them something to look forward to e.g. what familiar adult will they see? What familiar activity will they enjoy doing?
- 4.** Ask them questions about how they feel and listen to them - try not to dismiss their fears. For example, you can say, "It's perfectly fine to feel like that at the moment," or, "I can really understand why you would feel like that."
- 5.** Support them getting back into good routines, e.g. waking a little earlier each day, eating breakfast, eating a healthy diet and washing their hands regularly and thoroughly. You can also encourage them to spend more time away from their technology and build their confidence going out for local walks.
- 6.** Once your child starts attending, please keep communicating their feedback to us so we can keep reviewing their reintegration plan and support to get things right.
- 7.** Keep up the great communication with us - you are doing a great job. As families and teaching staff it's not our job to "fix" things for our children, but to teach them the tools for dealing with their feelings and emotions and be there to support them.

If you have any further questions about our BRAVE Curriculum please contact Mrs Grewal or Miss Thompson via email or if you have a worry or concern, please talk to your child's teacher or you can contact the office within school hours:

<b>Telephone</b>	0208 570 9347
<b>Email</b>	T.Grewal@Beavers.Hounslow.sch.uk L.Thompson@Beavers.Hounslow.sch.uk