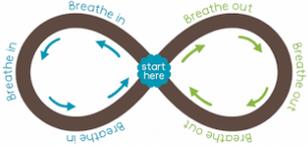




## Supporting children's wellbeing – A Recovery Curriculum

Coming back to school is going to be difficult for all of us but we are planning the first few weeks really carefully to ensure all children are given the time they need to settle back into school life.

Here are a few example of things we are doing as part of our Recovery Curriculum in response to the Coronavirus pandemic...

 <p><b>Bubble Time</b></p> <p>This is where children let their teacher know that they would like to talk. We have been doing this in school for over a year but will be reminding children often to use it if they are worried or want to talk.</p>	 <p><b>Feeling Grids</b></p> <p>These are new and will be used during the first few days but longer if individual children need them. They are another way to let the teacher know how they are feeling and will be explained on the first day back.</p>	 <p><b>Take 5</b></p> <p>This is a new breathing activity which gives children the opportunity to regulate their feelings and emotions. It also helps to create a sense of calm to ensure they are ready to go on to their next activity.</p>	 <p><b>Mirroring activities</b></p> <p>This is also a new activity which involves copying someone else's movements. It has been proven to create new neural pathways in the brain and support children to learn new things.</p>
 <p><b>Re-establishing routines</b></p> <p>It is really important to ensure children feel safe and secure in school so we will be spending lots of time reminding children of our expectations and how to feel safe in the classroom.</p>	 <p><b>Class Powers</b></p> <p>All classes will be working on their new class powers. This year will look slightly different, as the presentation will be based on body percussion!</p>	 <p><b>Slowing things down</b></p> <p>Taking things slowly and giving children time to adjust is so important. All class teachers will go at the pace of their class. Some classes will readjust to school life quicker than others and this is fine. Time will be given to all those who need it.</p>	 <p><b>Extra PSHE sessions</b></p> <p>Time has been allocated for extra opportunities to work on the 'Recovery' aspect of returning to school. This involves work around rebuilding relationships, mindfulness and giving children a to platform to express their feelings and emotions.</p>

We will be doing all of these activities plus many more to support your children as they return to life at Nether Edge. If you think your child might find returning to school particularly difficult, please contact us via email on [yourvoice@netheredge.sheffield.sch.uk](mailto:yourvoice@netheredge.sheffield.sch.uk). This is a confidential email address managed by Miss Ahmed and Mrs Nott.

Look out for our final issue tomorrow, where we will be looking at some top tips to get your child ready for September!

Thank you for reading,

Miss Ahmed