

The Newport Junior School Recovery Curriculum 2020

We have been thinking about what a curriculum might look like for our children as all of them return to school in September. We will be implementing, for a short period, a "recovery curriculum" which acknowledges the impact this large period of time away from school has had on the children. The lockdown, in many ways, is like dealing with loss. A loss of learning opportunities, a loss of friendships and a loss of routines and social interactions. These losses can contribute to pupil's mental health with anxiety and trauma effecting their emotions. Children will perhaps have experienced these aspects all at once and in a sudden and unplanned fashion which can leave them feeling vulnerable. Equally, whether we have intended to or not, children will have been exposed to adults who are anxious and may not be acting in their normal way or maintaining the normal routines which they are used to.

To help us support children with this, our recovery curriculum will focus on four areas:

<p>1. Supporting me to build positive relationships with others.</p> <p>What this area will help me to learn? Supporting pupils to rebuild relationships and re-learn how to interact with others; including sharing, turn taking, interacting with others positively, playing alongside peers, responding to familiar and unfamiliar adults, seeking out adults to help, support and comfort me when I need them, knowing which adults help me and can support me to keep safe when I need them.</p>	<p>What that may look like? There will be opportunities within the day where the focus is on rebuilding relationships with peers and adults. This may be in the form of:</p> <ul style="list-style-type: none"> • Getting to know activities, as part of establishing a new class setting. • Turn taking games and activities. • Speaking and listening games. • Interactive opportunities using call and response games and songs. Giving instructions and following instructions. • Safety work about who keeps us safe and who can keep us safe at school and at home and in the community.
<p>2. Supporting me to manage my feelings and behaviour</p> <p>What this area will help me to learn? Supporting pupils to understand their emotions and feelings and begin to process the experiences they have had. Supporting pupils to re-learn some positive behaviours which they may have forgotten being outside of the school.</p>	<p>What that may look like? There will be clear routines and clear communication which will include use of visual timetables, so pupils know what is happening each day and at each part of the day. There will be opportunities for:</p> <ul style="list-style-type: none"> • Supporting pupils to express themselves and express the experiences they have had whilst they were not at school. • Supporting pupils to understand the world we live in to help them process what is different and what we must do differently and ways we can support each other.

	<ul style="list-style-type: none"> • Supporting behaviour and emotions; allowing children to explore their full range of emotions. • Supporting children to ask and have answered their questions to help process their thoughts and emotions.
<p>3. Supporting me to enjoy and achieve.</p> <p>What this area will help me to learn? Supporting pupils to have moments where they succeed and can engage in moments of enjoyment and achievement.</p>	<p>What that may look like? We will use familiar curriculum type sessions that look and feel like normal lessons, but they may have a slightly different focus, building up children's ability to communicate ideas and build resilience as a learner once more. There will plenty of opportunities to:</p> <ul style="list-style-type: none"> • Engage in games, sport and play. • Participate in enjoyable. fun activities. • Celebrate success. • Presenting and sharing. • Giving and receiving praise.
<p>Supporting my physical health and wellbeing.</p> <p>What this area will help me to learn? Supporting pupils to re-engage with physical health and wellbeing routines. Supporting pupils to understand the need to be physically and mentally well and healthy.</p>	<p>What that may look like? We will be learning through a focus on physical and mental health and wellbeing. There will be opportunities to:</p> <ul style="list-style-type: none"> • Discuss the need to be active and engage in games, sport and play. • Supporting children to be mindful of their mental wellbeing through mindfulness activities, relaxation, reflection and talk.
<p>We recognise that children may require extended support beyond these initial two weeks as the whole country continues on its recovery from Coronavirus. This recovery curriculum will be in place, supporting learning of all our pupils, throughout this time and in some situations for as long as required.</p> <p>Our priorities are in supporting children to recover to once more be happy and enthusiastic learners in the school setting and at the same time maintain the health and safety of our whole school community.</p>	