



Recovery Curriculum



Motcombe School has always put each child's well-being at the centre of our thinking and we recognise that children will have had different experiences during this time of lockdown.

However, the common thread running through for everyone is the loss of routine, structure, seeing friends and freedom. These losses can trigger anxiety in any child. Some of you may have experienced this with your own children.

We know that an anxious child is not in a place to learn effectively. So, with this in mind, the school has thought about the most effective way to support your child's ability to learn when they return to school.

We will be using our Thrive Programme and a range of supportive resources in all classes during this time of reintroduction into school which will encompass and support the academic expectations for your child.

We have been thinking about what a curriculum might look like for children in this next phase of school and have used guidance, based on research, to help us with this.

We have based our Recovery Curriculum on the following areas:

1. Supporting children to manage my feelings and behaviour
2. Supporting children to build positive relationships with others
3. Supporting children's physical health and wellbeing
4. Supporting children to enjoy learning and to achieve their best

1. Supporting children to manage my feelings and behaviour	
At Motcombe School we will be supporting children to:	What this will look like in the classroom.
<ul style="list-style-type: none"> • understand their emotions and feelings • begin to process the experiences they have had • relearn positive learning behaviour which they may have forgotten during the period of lockdown 	<ul style="list-style-type: none"> • There will be clear routines • There will be clear communication which will include the use of visual timetables so that children know what is happening at each part of the day. • Structures and boundaries will be familiar in the classroom and playtimes will be clearly explained to all children • The structure will be supportive and provide opportunities within this that enables and allows children to express themselves and talk about the experiences they have had whilst they were not at school • We will do this by being clear with boundaries and using therapeutic approaches based on the Thrive principles

2. Supporting children to build positive relationships with others	
At Motcombe School we will be supporting children to:	What this will look like in the classroom.
<ul style="list-style-type: none"> • rebuild relationships • re learn how to interact and build relationships with others including sharing and turn taking • play with peers, respond to familiar and new adults 	<ul style="list-style-type: none"> • Teachers will plan activities that link to children's interests • There will be opportunities within the day where the focus is on rebuilding relationships with peers and adults • There will be intensive interaction opportunities using call and response games and songs • There will be games and activities where pupils can work together such as board games or outdoor PE games

3. Supporting children's physical health and wellbeing

At Motcombe School we will be supporting children to:	What this will look like in the classroom.
<ul style="list-style-type: none">• continue to exercise good hand washing regularly throughout the day• re-engage with physical health and wellbeing routines, such as the daily run• engage with self-regulation strategies and tools which help children to feel safe and calm.	<ul style="list-style-type: none">• There will be regular sessions where we explore and express emotions through Circle Times• We will support children to explore their feelings as well as modelling processing and talking about feelings and emotions linked to this experience• There will be regular opportunities for children to engage in self - regulation activities such as regular active breaks• In addition there will be lots of opportunities for children to practise their communication so that they are able to feel like they have a voice and are able to express their wants and needs.

4. Supporting children to enjoy learning and to achieve their best

At Motcombe School we will be supporting children to:	What this will look like in the classroom.
<ul style="list-style-type: none">• have moments where they feel success. This will be within children's abilities and easily accessible; recognising that when pupils have experienced trauma, their abilities to learn new concepts and be challenged and may, initially, be slightly less than usual• re-engage with the familiar routine of classroom, this will include putting their hand up to speak etc.• re-engage with independent learning to build up their stamina for working	<ul style="list-style-type: none">• We will use familiar curriculum type sessions that children will be used to that provide children with experiences that feel like "the norm"• Sessions which will feel familiar for children but may differ between each 'bubble'.• Children will experience sessions that provide familiar structures (like phonics, maths, reading, topic etc.)• Outdoor playing and learning• Storytime• Learning in these sessions will link to previous learning from the Oak National Academy and follow the planned topic learning for Term 1.