



Reconnection Curriculum



Week	Focus from the 5 Levers	Assembly Focus	Wellbeing Tip	Home Activity
Week 1	<p><u>Relationships</u></p> <p>We pride ourselves on our community relationships at Ashwood Spencer. Positive relationships underpin everything that happens in a school and it essential that we begin to rebuild these as our first priority.</p> <p>This week we will begin our ongoing privilege of developing our relationships with our amazing pupils and our wonderful families.</p>	<p>We will be discussing how some relationships in school may feel a little different (or be brand new) and how we will be working hard to rebuild trust, friendships and feelings of safety in our school community.</p> <p>We will discuss how different relationships have different purposes and the importance of having a support network.</p>	<p>Create a safe space for dialogue by using specific language about emotions and feelings. If we all use the same language, we can all understand each other.</p> <p><u>Useful Website</u> https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/</p>	<p>Using the emojis, talk as a family about 2 comfortable feelings you've had during the day and 1 uncomfortable feeling. What made the feelings similar or different?</p> <p>Draw around your child's hand and help them fill in who they have in their life e.g. parent/carer, other family members, adults at school, friends (someone per finger) who is part of their support network.</p>
Week 2	<p><u>Community</u></p> <p>'We are in this together.' is a term that we have become accustomed to lately and there are so many guardian angels in our local community.</p> <p>Throughout the lockdown and partial closure we heard and participated in so many positive events.</p> <p>From the now iconic rainbows in windows to supporting neighbours in need. We are proud of our community and will explore the things in our community that we have gained and lost.</p>	<p>We will be discussing what we love about our community and how it has changed since the lockdown began. We will talk about change, loss and gains.</p> <p>We will share experiences of why we are proud of our school and wider community.</p> <p>Most importantly we will be discussing the positive changes which are ongoing and how we can develop them to support growth in our community.</p>	<p>Connect with others. Take the time to speak to someone that you trust. This could be in your family, someone in your community or an organisation.</p> <p><u>Useful Website</u> https://networkofwellbeing.org/improve-wellbeing-in-your-community/</p> <p>We may be able to offer support for community projects.</p>	<p>Watch The Invisible String https://www.youtube.com/watch?v=2rZNTFf35Aw</p> <p>How many strings do we have? Where do they go? How far do our strings reach?</p> <p>Challenge – Can you use your creativity to show your invisible strings?</p>
Week 3	<p><u>Transparent Curriculum</u></p> <p>As a school, education is at the heart of everything we do. Our learners have missed opportunities in school and it is essential that they understand how we will support them to make up for lost time.</p> <p>This week we will communicate how we will ensure that our pupils 'catch up' and how we plan to support them.</p>	<p>Linking to previous assemblies about loss, we will acknowledge lost opportunities and the emotions that may bring e.g. frustration, anxiety about being behind.</p> <p>We will discuss how we can now take control. We will not allow lost time to hamper our progress and the school community will support pupils in achieving their full potential through the DREAM expectations.</p>	<p>Concentrate on the things that you can control and try not to focus on the things you can't. Use your energy in ensuring the things you can control are positive.</p> <p><u>Useful Website</u> https://learning.nspcc.org.uk/child-health-development/child-mental-health#heading-top</p>	<p>Circle of Control - Make your own circle of control by drawing around your hand. Inside the hand, write "things I can control". Outside the hand, write "things I can't control".</p> <p>Now inside the hand, write things that you can control such as: what I say to other people, how I behave, helping other people. Outside the hand, write things you cannot control such as: if we go on holiday or not, what other people think, the weather.</p>

<p>Week 4</p>	<p><u>Metacognition</u></p> <p>As a school we use research on metacognition to inform our practice and we discuss how our brains work with the children, regularly.</p> <p>This week we will be reminding children of how their brain works and how we can control our emotions. This will ensure that we are learning our best and making decisions that we can be proud of.</p>	<p>We will have a discussion about the spectrum of emotions that range from comfortable to uncomfortable but are never wrong.</p> <p>For our brains to be conducive to learning we need to be able to regulate our emotions. We will look at Flipping Your Lid and how our emotions can stop our brains from learning.</p> <p>We will discuss the different strategies that we use in school to regulate our emotions.</p>	<p>Regularly practise different techniques to regulate emotions to ensure that your brain is able to function efficiently. The more familiar you are with a technique, the more likely you are to use it when it is needed.</p> <p><u>Useful Website</u></p> <p>https://totalhealthwestberks.co.uk/flipping-your-lid-understanding-and-communicating-emotional-dysregulation/</p>	<p>Some feelings can be uncomfortable and hard to regulate. They can even stop us from completing our day to day tasks.</p> <p>Together, create a superhero alter-ego and name which will help them to overcome these emotions when they are prohibiting them from achieving their full potential.</p> <p>What will their super powers be?</p>
<p>Week 5</p>	<p><u>Space</u></p> <p>All of our children are amazing and individual. We know that they are processing a lot and that they need to restore their inner learner.</p> <p>This week we will give our pupils the space they need to rediscover themselves as a learner and relax without anxiety relating to being 'behind'. We will allow our pupils to find their voices, share their thoughts and ideas and take time to be them.</p>	<p>We will be discussing individuality and the importance of being ourselves.</p> <p>We will discuss how individuals have different needs—even when it comes to learning. It is important to know ourselves and be able to communicate our needs.</p> <p>Having the space to understand these things about ourselves is essential to our mental health.</p>	<p>Good mental health is essential for humans to reach their full potential. The space to be you, doing something which helps you to relax will allow you to recharge and be ready for the next challenge. Make sure you make time for it.</p> <p><u>Useful Website</u></p> <p>https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises</p>	<p>Using the useful website, practise different mindful activities.</p> <p>Which are your favourites?</p> <p>How will you use them to support you in being a learner who reaches their full potential.</p>

Week 6 and 7 will be planned by year groups to support individual year group needs.