

COMING BACK AFTER LOCKDOWN

Information to support pupils with insecure attachment and/or developmental trauma as students return to school.

Coming Back to School



The long period of lockdown due to the novel coronavirus has been difficult for all of us, not least our pupils. Although coming back to school signals hope for the future, it comes fraught with difficulties and anxieties.

This leaflet offers you some sources of information and guidance on how to support pupils who may find uncertainty and change difficult, particularly following a prolonged period of time at home. In addition, there are some sources of support for staff; if you're not looking after yourself, you can't look after your pupils.

This is by no means an exhaustive list. For further support, please speak to your Specialist Teaching Service teacher.

Supporting Pupils with Insecure Attachment and/or Developmental Trauma

<https://www.saia.org.uk/why-attachment-matters-more-than-ever.html>

Website from "Scottish Attachment in Action" with articles and strategies related to attachment.

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown>

Website from The Mental Health Foundation. Information and further signposting, together with some basic but fundamental strategies and approaches.

<https://beaconhouse.org.uk/resources/>

Beacon House's website. Lots of general information but also a section dedicated to Insecure Attachment and Trauma in the classroom.

<https://www.nspcc.org.uk/keeping-children-safe/away-from-home/at-school/>

Information from the NSPCC regarding preparing children to return to school.

As a lot of the difficulties experienced by pupils with insecure attachments and developmental trauma are related to anxiety, many of the resources listed in the anxiety leaflet are also appropriate.



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Whole School Approaches

Links to information about The Recovery Curriculum;

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

<https://barrycarpentereducation.com/>

<https://www.facebook.com/groups/145621073473221/>

A link to “The Thrive Approach—Supporting the Community to Weather the Storm”

<https://ddpnetwork.org/about-ddp/meant-pace/>

A website about the PACE approach.

<https://www.fagus.org.uk/a-few-tips-to-help-school-to-become-ace-aware-attachment-aware-and-trauma-informed/>

Tips and ideas about an attachment aware and trauma informed approach in school.



Looking After Yourself



<https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

<https://www.educationsupport.org.uk/helping-you/>

<https://neu.org.uk/coronavirus-what-you-need-know-staff>

<https://www.bameednetwork.com/resources/>

Guidance for educators from a BAME background, specific to Covid-19

<https://educationinmind.org.uk/>

A website with tools and resources. From Camden LA.

Many of the websites listed in previous leaflets on general well-being, bereavement and anxiety may also be appropriate.



Your STS specialist has access to a lot more resources than can be referenced here. Just ask if you need more support.

Keep an eye out for our Strategies Help Sheet which your STS teacher can share with you!