



Pear Tree School

Achieving the Best We Can in Everything We Do

Recovery Curriculum following COVID-19

As a school, we have been thinking carefully about what our curriculum should look like for our children when they return after the school closures, brought into action following the Covid-19 pandemic.

At Pear Tree we already offer a highly personalised curriculum which fulfils all the elements of a “recovery curriculum” however, we are planning further targeted interventions to ensure we have the right support in place for our whole school community following the pandemic.

We acknowledge that there have been big losses to children as they have stayed at home and that these losses can contribute to pupil’s mental health with anxiety, trauma and bereavement playing a large role. Children will perhaps have experienced these aspects all at once and in a sudden and unplanned fashion which can leave children feeling vulnerable.

We are very mindful of the impact this pandemic has had on our children and families wellbeing and mental health. This recovery curriculum will support our children's transition back into school so that they are then able to achieve the best they can in everything they do and continue to make progress in class.

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life. These are areas that we will promote
To ensure our whole school community have the necessary tools and knowledge to support their own wellbeing.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence





Socialise

We will support and encourage children to connect with others and promote social development both at school and at home. Teachers and TAs will support children and families to understand how they can connect with others to improve theirs and others mental wellbeing.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



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Help

We will be encouraging pupils and families to help themselves and others. We will be promoting independence skills to increase self-esteem and teaching ways in which pupils can help themselves and others to feel mentally and physically well.



Your time,
your words,
your presence



Interest

We will be teaching our whole school community to take notice and look for the things that give us joy. We will encourage our pupils and families to take interest in the world around them, be present and show interest in their environment.



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**



New things

We will continue to promote challenging learning opportunities for our pupils and ensure they are developing new skills. We will support our pupils and families to seek out new experiences and learn new skills to raise their self-esteem.



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



Exercise

We will provide increased opportunities for all pupils to engage in appropriate physical exercise during the school day to promote physical wellbeing and improve their mood. We will encourage our whole school community to 'move more' and gain a greater understanding of how increased exercise can positively impact on mental health and wellbeing.



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**

Support for children and families

Our vulnerable pupils and families who need support from other professionals will be signposted by DSLs/Senior Leaders e.g LD Team, Physio, OT, GP.

Signposting

Pupils and families who need additional targeted support including personalised timetables, family worker support and emotional literacy support.

Additional targeted interventions

Pupils and families whose needs can be met within our school provision and who can access and gain the benefit from our SHINE curriculum.

Whole school support, SHINE targets

