

Return to school pupil support plan

Return to school support plan	
Name:	Date:
At school these things can make me feel upset:	
My Monday morning plan:	
When I get to school:	
My key adult/s in school is/are:	
I can speak to my key adult/s at (times):	
I can speak to my key adult/s in (place):	
Places in school I can go to where I feel safe and supported:	
I can go to my safe spaces at/when:	
At break times and lunch times I will:	
Until _____ my return to school plan includes the following changes to my attendance: (Identify any changes to days or times they come in)	
Timetable changes: (Identify any changes needed and what should happen/where they should go instead)	

My agreed signal for when I am starting to feel overwhelmed is:		
Any other changes:		
Identify any other changes to routines (break, lunch times, changes between lessons etc.), classroom expectations (not expected to read aloud, work in pairs etc.) or homework.		
When I start to get upset, I notice these things about myself:		
When I start to get upset, others notice these things about me:		
Things I can do to make myself feel better when I'm at school:		
Things that other people (staff and friends) can do to help me feel better when I'm at school:		
Things that my family can do to support me to attend school:		
This plan will be reviewed regularly so that it remains helpful.		
Review date:		
My signature	Key adult's signature	Parent signature
Other people who have access to the plan are:		

Adapted from West Sussex Emotionally Based School Avoidance Good practice guidance for schools and support agencies www.westsussex.gov.uk