



Familiarity



Sending photos or videos of different areas in school (e.g. library) to children not attending will help them to feel connected to school as well as providing reassurance that school is still the same and waiting for them to come back.

Encourage connection for the children in school

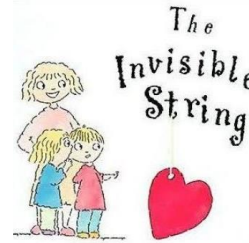


Formulate a special virtual handshake/greeting with each child and use it every day to greet them.

Allow different 'bubbles' to connect by playing games such as Noughts and Crosses on the window with whiteboard pens or by mirroring actions

Use Walkie-Talkies to communicate with different bubbles.

A book we recommend...



I haven't seen my friends for so long. Will they have forgotten me?

Why are some children allowed to school?

I miss my family and friends...

How can I ask people not to get close without hurting their feelings?



PUPILS

Stay connected with the children not attending

The class teacher could host a weekly fun game such as 'Higher or Lower', 'Go Noodle' or 'Hangman' where a group of children are invited to take part via Skype, Teams or Zoom?

Or how about a virtual 'Hot Chocolate' club with a different group of children each week as a time to socialise and check-in?

Send a short letter or postcard through the post to each child.

Pair the children in school up with a child not attending and encourage them to be 'pen pals'.





Spread Kindness in Community

The impact of 'Random Acts of Kindness' is so powerful.

Assign different members of the team to another staff member to become their 'Secret Angel'. Their job for the week is to make the other person feel good through completing kind acts such as paying them compliments, making them a drink, leaving them a treat on their desk etc.



Notice Everybody...

Arrange staff into groups in which they have dedicated time together by meeting in safe, socially distanced group circles at least three times a week with a focus on catching up and sharing experiences etc.

This will enable staff to **check in** with each other at the beginning of the week, **check up** in the middle of the week and **check out** at the end of the week.

Any communication I have with the other staff feels so rushed now.

I miss socialising in the staffroom.

I often feel isolated and overwhelmed

I don't feel part of a team anymore as we don't see each other.



STAFF

Self-Check

Take time to connect with yourself by asking yourself how you are doing each week or even every day;

Socially?
Emotionally?
Physically?

Some people may like to record their thoughts in a journal, others may prefer to just score each category out of 10 with or without recording it.

Depending on how you feel, spend some time considering how to improve your score. For example, you may decide to go for a walk, do some yoga, call a friend etc. Whatever it is that allows you to connect with your own needs.



CONNECTION

Be Kind, Be Curious, Be Connected...

For further advice and support,
please feel free to contact us.
Helen.Wallace@derbyshire.gov.uk



The Magic Hug

(for children who struggle with separation)

Draw a small heart on the palm of your hand and the same heart on the palm of your child's hand.

Hold hands whilst walking to school to 'charge the hearts up' 😊. When you get to school, tell your child that the hearts are 'fully charged'.

Tell them to press it whenever they miss you and it will give them a magic hug and vice versa.

Connect with your Community

Send a postcard, a letter or a 'Thank You' card to somebody in your community or to a friend to let them know you are thinking of them or grateful for what they do. This could even be to the local shopkeeper. Receiving a physical letter or card is a fantastic morale boost as is the feeling of sending one.

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If you live close to school, make an effort to walk or drive past periodically to enable you and your child to still feel connected to school.

Many schools have put rainbows and messages on the gates for all to see and enjoy.



The only contact I have with anybody is with the children.

I miss socialising on the playground.

I feel so isolated.

I am worried about how me and my child will manage being apart.



PARENTS/CARERS

