

# My Return to School Support Plan: Primary School

This document is intended for use by a leadership or wellbeing team member.

A My Return to School Support Plan (the Plan) aims to ensure the best possible reintegration, safety, care and support for a child returning after time away from school. It outlines situations the child might find difficult, and strategies aimed to help the child feel safe, supported and connected with staff and peers.

The Plan should be negotiated with the child, their family, school wellbeing staff and any health professionals involved in the child's care. The Plan should complement your school's existing wellbeing processes. It should be completed before the child returns to school. However, if this hasn't occurred, school wellbeing staff should complete the Plan as a priority when the child does return.

Be aware that sometimes plans or supports can change. It's important to set up regular reviews to see whether the plan is still working or needs updating.

Date of completion: \_\_\_\_/\_\_\_\_/20\_\_\_\_

Review date: \_\_\_\_/\_\_\_\_/20\_\_\_\_

School support person's signature: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_

Have parent(s)/guardian(s) been advised of this My Return to School Support Plan and given a copy? Yes / No

Who else has access to this My Return to School Support Plan? (Consider which staff should have access, including staff on yard duty, library staff, relief teachers, etc)

\_\_\_\_\_  
\_\_\_\_\_

When completing the Plan, here are some tips:

- Consider the developmental needs of the child when working through the Plan with them. Invite the child to respond in their preferred way (e.g. drawing, writing, talking). You can scribe for the child if they prefer.
- A sample Plan with tips for educators is provided on pages 2-3. The template for children to complete is on pages 4-5.

**For some upper primary children, it may be more developmentally appropriate to use the Secondary School version of the Plan.**



In collaboration with



Funded by



Australian Government  
Department of Health,  
Disability and Ageing



# I'm ready to come back to school!

This plan will help me to feel safe and supported when I come back to school.



My name is \_\_\_\_\_

I am in Grade \_\_\_\_\_

I am going to come to school on these days

(Circle the days in your favourite colour!)

Monday      Tuesday      Wednesday      Thursday      Friday

These are my emotions when I'm having big feelings



Sad  
Disappointed



Worried  
Anxious



Scared  
Frightened



Surprised  
Shocked



Frustrated  
Annoyed



Angry  
Mad

My support people at school are:

\_\_\_\_\_  
\_\_\_\_\_

These are photos or pictures of my support people

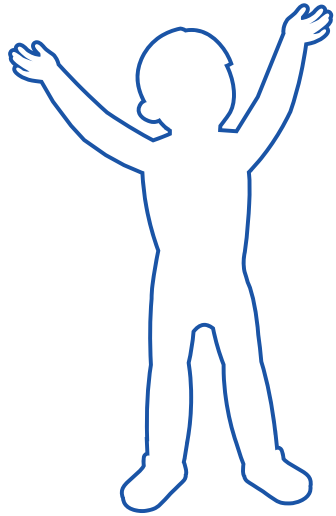
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\_\_\_\_\_  
\_\_\_\_\_

Tip: The term 'big feelings' is used in the Plan. You can ask the child to colour in or circle what emotion/s they usually experience when they are having big feelings.

Tip: Upload photos or ask the child to draw pictures of their support people at school. This could be a classroom teacher, student support, wellbeing staff, etc.

**If I start to have big feelings, this is what I notice**



Tip: Ask the child to think about where they feel their emotions in their body and what their emotions feel like (e.g. heart beating fast, shaky hands), and draw or write this on the outline of the person.

**If I start to have big feelings at school, these are some things that help me feel better**

Tip: The child might need some guidance on what support is available at the school, including places and spaces they can go to (including when they are in their classroom, with specialist teachers, in the yard, with relief teachers, etc). They might like to draw or write their ideas.

**At school, these things can make me have big feelings**

Tip: Ask the child what impacts how they are feeling in and out of the classroom (E.g. during recess and lunch, excursions, on camp).

**If I ever have big feelings, these are the people I can talk to**



Tip: Encourage the child to think of support people within the school, at home, and outside of school and home (e.g. a friend, relative, sports coach, Kids Helpline) and write their names on the fingers.



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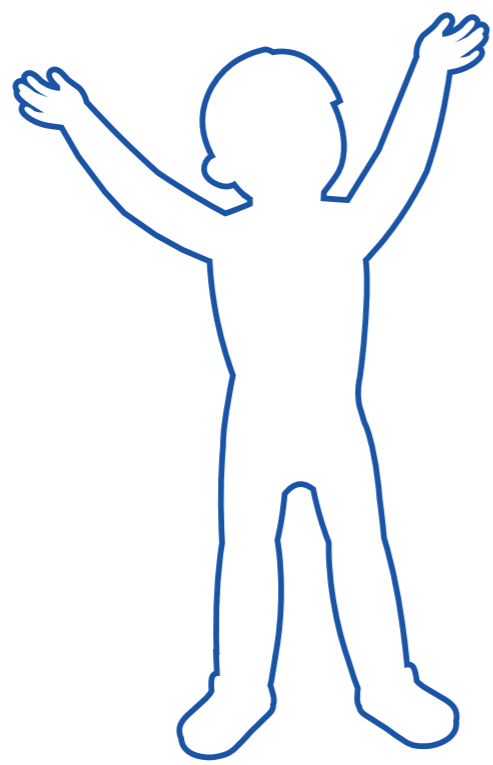
\_\_\_\_\_  
\_\_\_\_\_

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**If I start to have big feelings at school, these are some things that help me feel better**

**At school, these things can make me have big feelings**

**If I ever have big feelings, these are the people I can talk to**

