

In order to be best placed to support your child through the process of a return to school we would ask that you complete this form for us. The information given will enable us to target the appropriate level of support that your child will need/want. Questions posed are designed to recognise the levels of stress, anxiety and adversity which your child may be experiencing at the moment as it is these which will affect the ability for your child to adapt to new routines or be able to concentrate on new learning as we strive to return to a sense of normality.

Completing this form may trigger the need for you to share relevant information about your child in greater detail. Please do not hesitate to contact myself, Mrs Ressel (Designated Safeguard Lead) on 07903621976 in case of emergency, or the Pastoral team at pastoral@tgea.org.uk or call the school on 01827 712477.

The questions below are about your child's feelings and thoughts during the last two months. In each case, please indicate with a tick how often you felt or thought a certain way.

| Statements | 0 Never | 1 Almost Never | 2 Sometimes | 3 Fairly Often | 4 Very Often |
|--|------------|----------------------|----------------|----------------------|--------------------|
| In the last two months, how often your child has felt unable to control the important things in their life | | | | | |
| In the last two months, how often your child has felt confident about their ability to handle problems | | | | | |
| In the last two months, how often your child has felt things were going their way | | | | | |
| In the last two months, how often has your child felt difficulties piling up so high that they could not overcome them | | | | | |

Is your child currently, or have they ever been a young carer?

Young carers are children and young people under 18 who provide regular or on-going care to a family member who has an illness, disability, mental health condition or drug/alcohol dependency.

Yes: No:

In addition, to help us understand the needs of your child on their return to school post lockdown it would help us to know the following:

On a scale of 0-6 with zero being no issues to 6 being a severe concern (*please indicate on the scale where you believe your child is at*).

Worrying and Anxiety:

Gets anxious regularly and often during a week. Your child relies on adults to help manage their feelings and calm down. Anxiety may lead to panic, crying, running away from the situation or lashing out.

0-----6

Difficult Experiences (adversity):

Has had difficult experiences which have been very distressing (e.g. seeing domestic abuse and violence, bereavement) BUT has support within the family home, community, school and has the psychological skills to move forward. If there has been a bereavement, please indicate if this is close family/extended family or family acquaintances. *The more information we have the more successfully we can direct appropriate support on return to school.*

0-----6

Student Name: _____ Primary School: _____

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