



to question is to grow

Lake Farm Park Academy

Learning, Achieving, Aspiring Together

Introduction

Lake Farm Park Academy we have put the child's well-being at the centre of our thinking. We acknowledge that the children will have had different experiences during this time. However, the common thread running through all is the loss of routine, structure, friendship, opportunity and freedom. These losses can trigger anxiety in any child. Some of you may have experienced this with your own children.

We know that an anxious child is not in a place to learn effectively. So with this in mind, we thought about the most effective way to support your child's ability to learn. This approach will encompass and support the academic expectations for your child.

What is Recovery Curriculum?

Professor Barry Carpenter has developed the Recovery Curriculum, as a response to the losses described above. It is a way for schools to help children come back into school life, acknowledging the experiences the children have had. We want children to be happy, feel safe and able to be engaged in their learning. We have decided that a way to achieve this for the children is to acknowledge the importance of helping them lever back into school life using the following **5 Levers**.

- **Lever 1: Relationships** – we cannot expect our students to return joyfully, and many of the relationships that were thriving, may need to be invested in and restored. We need to plan for this to happen, not assume that it will. Reach out to greet them, use the relationships we build to cushion the discomfort of returning.
- **Lever 2: Community** – we must recognise that curriculum will have been based in the community for a long period of time. We need to listen to what has happened in this time, understand the needs of our community and engage them in the transitioning of learning back into school.
- **Lever 3: Transparent Curriculum** – all of our students will feel like they have lost time in learning and we must show them how we are addressing these gaps, consulting and co-constructing with our students to heal this sense of loss.
- **Lever 4: Metacognition** – in different environments, students will have been learning in different ways. It is vital that we make the skills for learning in a school environment explicit to our students to reskill and rebuild their confidence as learners.
- **Lever 5: Space – to be, to rediscover self, and to find their voice on learning in this issue.** It is only natural that we all work at an incredible pace to make sure this group of



learners are not disadvantaged against their peers, providing opportunity and exploration alongside the intensity of our expectations.

Barry Carpenter, CBE, Professor of Mental Health in Education, Oxford Brookes University explains why a *Recovery Curriculum* is necessary to successfully transition children back to school. Click here to read more. <https://www.evidenceforlearning.net/recoverycurriculum/>

At Lake Farm Park Academy all teachers and support staff received training in the Recovery Curriculum on 4th September 2020, before pupils came back to school. Allocated catch-up time in the daily timetable for all year groups which focus on revisiting summer term's curriculum, PSHE lessons focused on Zones of Regulation, and opportunities to discuss their emotional wellbeing during the lockdown period. Within the Federation, we have assessed children to identify the gaps in their learning and aim to address these in our teaching curriculum for autumn term.

Other useful resources / tips relating to The Recovery Curriculum

- <https://www.ssatuk.co.uk/blog/a-recovery-curriculum-loss-and-life-for-our-children-and-schools-post-pandemic/>

This brief article on "The Recovery Curriculum" is written by Professor Barry Carpenter. He succinctly argues for a holistic approach built around routines and a raised awareness of mental health needs. He identifies 5 Levers of Recovery to consider, which may help a school firm up plans that are already in place and give structure to staff.

- Lever 1 - Relationships
- Lever 2 - Community
- Lever 3 - Transparent Curriculum
- Lever 4 - Metacognition
- Lever 5 – Space



https://youtu.be/9F_welYkkGs - This podcast is hosted by Alan Wood and guests Professor Barry Carpenter and Matthew Carpenter, co-authors of the Recovery Curriculum. They reflect on the origins of their work and Matthew, Principal at Baxter College, also shares the initial ideas that he and his team formed when looking at how to implement the 5 Levers at their College.

- <https://www.anewdirection.org.uk/blog/7-creative-ways-to-teach-a-recovery-curriculum> - This link offers a selection of resources and activities that focus on PSHE and wellbeing. It outlines ways in which they can help with the challenges schools currently face and also indicate how the activities can fit into the Five Levers of a recovery curriculum, outlined by Professor Barry Carpenter.

- Advice from the NHS. Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. These steps are useful stimulants to create activities for pupils to help them feel more positive and able to get the most out of life

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

- Link to Barry Carpenter's website, full of interesting blogs and useful resources <https://barrycarpentereducation.com/>

Peps McCrea suggests a subtly different take that offers four considerations for getting it right

https://schoolsweek.co.uk/after-lockdown-an-opportunity-for-something-even-better-than-before/?mc_cid=abc5049a3b&mc_eid=22a0c7657f