

15 April 2025

Reflection Room Provisions

Dear Parents and Carers,

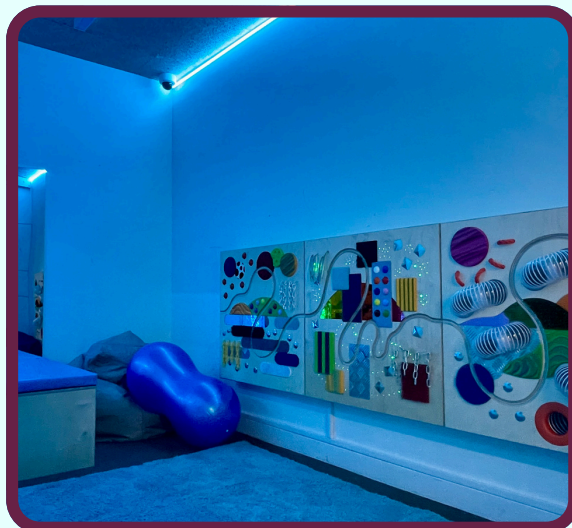
Over the Easter break, we made some improvements to our reflection room provision in school so that we can better support pupils when they are feeling overwhelmed, dysregulated, or in need of time and space to reset.

As part of this development, our reflection rooms have been equipped with additional sensory resources, including a sensory swing and other carefully selected calming and regulating materials. These resources have been introduced to help create a safe, supportive environment where pupils can regulate their emotions, reflect on situations, and prepare to return successfully to learning.

The purpose of these rooms is not simply to remove pupils from class, but to provide appropriate support when a child is struggling to manage strong feelings, heightened stress, or difficulties with self-regulation. We know that when children feel calm and supported, they are much better able to think clearly, reflect on what has happened, and make positive next-step choices.

The sensory resources will be used in a structured and supervised way by staff. They are intended to help pupils:

- Feel Safe and Calm
- Regulate their emotions and physical



Teacher / area here

- responses to stress
- Reduce anxiety or overload
- Become ready to talk and reflect
- Successfully return to learning

When a pupil uses a reflection room, staff will support them in three stages:

Regulate – helping the pupil to feel calm and settled

Reflect – helping them think about what has happened

Restore – supporting them to repair, reset, and return to learning

The sensory swing and other resources are not a reward or a play space. They are support tools that will be used when staff feel they are appropriate for a pupil's needs at that time. All use will be supervised, and staff will continue to guide pupils with clear boundaries, calm routines, and supportive conversations.

Our aim is to ensure that pupils are supported with dignity and care, while also helping them develop the skills to recognise their emotions, manage difficult moments, and make positive choices.

We hope these improvements will strengthen the support we are able to offer pupils and help them feel safe, understood, and ready to succeed in school.

Thank you for your continued support.

Yours faithfully

Sarah Concannon
Headteacher

