

The return-to-school meeting

Have the meeting before she goes back if you can, and agree exactly what the return will involve. A reduced timetable isn't a failure. For a short, agreed time, with a date to review it, it helps many children back into school.

Her named adult for the first few weeks

The lessons that will be hardest to come back to, and what will help

The catch-up plan, at the pace she can manage now

A reduced timetable, if it's agreed, and when it will be looked at again

A signal she can give if she needs to step out, agreed in advance

Somewhere quiet at lunch for the first few days, if the dining hall is too much

When we meet again

FOR THE PARENT

A welcome-back assembly is rarely what she wants; arrange something low-key instead. The SENCo is often the right adult to ask for.