**Appendix F**

**Support plan template**

From West Sussex EPS (2019).

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| Support Plan  |
| Name: | Date: |
| At school these things can make me feel upset: |
| P1707C5T14#y1 |
| My key adult(s) in school is/are: |
| P1716C7T14#y1When I can speak to my key adult(s):Where I can speak to my key adult(s): |
| Until \_\_\_\_\_\_\_\_\_\_ my return to school plan includes the following changes to my attendance:  |
| P1727C9T14#y1(Identify any changes to days or time they come in)  |
| Changes to my timetable include: |
| P1737C11T14#y1(Identify any changes needed and what should happen/ where they should go instead) |

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| Any other changes include: |
| Identify any other changes to routines, (break, lunch times, changes between lessons etc.) classroom expectations (not expected to read aloud, work in pairs etc.) or homework.P1747C2T15#y1 |
| When I start to get upset, I notice these things about myself: |
| P1756C4T15#y1 |
| When I start to get upset, others notice these things about me: |
| P1765C6T15#y1 |
| Things I can do to make myself feel better when I’m at school: |
| P1775C8T15#y1 |
| Things that other people (staff and friends) can do to help me feel better when I’m at school: |
| P1785C10T15#y1 |

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| Things that my family can do to support me to attend school: |
| P1793C2T16#y1 |
| Places in the school I can go to where I feel safe and supported: |
| P1803C4T16#y1 |
| This plan will be reviewed regularly so that it remains helpful.  |
| Review date:  |
| My signature | Key adult’s signature | Parent signature |
|  |  |  |
| Other people who have access to the plan are: |
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