

# My Return to School Support Plan: Secondary School



This document is intended for use by a leadership or wellbeing team member.

A Return to School Support Plan (the Plan) aims to ensure the best possible reintegration, safety, care and support for a young person returning after time away from school. It should include strategies aiming to keep the young person safe, supported and connected with staff and peers.

It outlines situations the young person might find difficult and how these can be managed for them to feel safe and supported.

The Plan should be negotiated with the young person, their family, school wellbeing staff and any mental health professionals involved in the young person's care. It is ideally done before the young person returns to school. However, if this hasn't occurred, school wellbeing staff should complete the Plan as a priority when the young person does return.

Be aware that sometimes plans or supports can change. It's important to set up regular reviews to see whether the plan is still working or needs updating.

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I have completed this Return to School Support Plan with my school support person(s).

This plan will help me to feel safe and supported when I return to school.

This support plan will only be seen by the people who need to know this information to assist me at school. Their names are listed below.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My school support person(s) is or are: \_\_\_\_\_

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Details of checking in with my school support person.

Place: \_\_\_\_\_ When: \_\_\_\_\_



In collaboration with



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Department of Health,  
Disability and Ageing

My Return to School Support Plan includes the following changes to my attendance or workload.

I will attend school on the following days: Monday Tuesday Wednesday Thursday Friday

I will attend the following classes: \_\_\_\_\_

\_\_\_\_\_

When we start to feel upset, often there are early signs that we need to pay attention to, to stop things getting worse. It's helpful if others are aware of these early signs so they can also provide support.

When I start to get upset, I notice these things about myself: \_\_\_\_\_

\_\_\_\_\_

When I start to get upset, others notice these things about me: \_\_\_\_\_

\_\_\_\_\_

At school, these things can make me feel upset: \_\_\_\_\_

\_\_\_\_\_

Things I can do to make myself feel better when I'm at school: \_\_\_\_\_

\_\_\_\_\_

Things that other people (staff and friends) can do to help me feel better when I'm at school:

\_\_\_\_\_

Places in the school where I can go to where I feel safe and supported: \_\_\_\_\_

\_\_\_\_\_

If my school support person(s) becomes more worried about me, we have agreed that they will contact the following people so that I get more support (for example, parents, GP, counsellor, mental health service):

\_\_\_\_\_

\_\_\_\_\_

This plan will be reviewed regularly so that it remains helpful.

Review date: \_\_\_\_/\_\_\_\_/20\_\_\_\_

My signature: \_\_\_\_\_

School support persons' signature: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Have parents been advised of this Return to School Support Plan and given a copy? Yes / No

Who else has access to this Return to School Support Plan?

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