

SENCO Reflection Groups

Group supervision & support for SENCOs in response to Covid-19

Aims

- To discuss school-based concerns or situations that have arisen or may arise, as a result of Covid-19.
- Strengthen our understanding of these concerns/situations.
- Explore the emotional responses of your school community (students, staff and parents/carers).
- To offer and receive support from one another.
- Identify possible next steps/ways forward.

Example topics

- Impact of Covid-19 on the mental health and wellbeing of your school community, and ways to support wellbeing.
- Managing stress and anxiety in staff and students.
- Planning and managing transitions once schools re-open.
- Responding to families who have experienced bereavement(s).

How it works

Closed groups of 4-6 staff meet virtually, once a fortnight. Sessions last 1 hour (1½ hours for the first session) and are facilitated by an EP. A total of 4 sessions will be offered over the summer term.

The facilitating EP will contact each SENCO prior to the first session to introduce themselves and share key information.

In each session;

1. Members share 'headlines' (concerns, issues, thoughts that are on their mind)
2. Group agree 1-2 headlines to focus on during each session.
3. One person presents their concern or issue, while others listen.
4. The group together 'unpick' the issue or concern by listening, commenting and questioning.
5. Next steps/ways forward are identified.

The EP facilitates by encouraging reflection, making links between what has been discussed, and providing a psychological perspective.

To express interest, contact Amy Gibb (Educational Psychologist) by Friday 22nd May amy.gibb@barnet.gov.uk, and indicate your working days.