

Refugee Support

PLAN

PEACE



- **Refugee** children may well be experiencing **fear, terror, and helplessness** as they transition into our schools and communities
- **Empath** is key as is the need to become a **school of sanctuary** where they feel **safe** and **included**
- **Flexibility** is crucial as all **refugee children are different** - some will want and need to talk straight away, others will not, and may need time to process their experiences or do so in more creative ways through play, art, and creative outlets
- **Understanding** the **symptoms of trauma** and what to look for is also key - avoidance, re-enactment, withdrawal, or aggression
- **Get** down to their level, **hear the voice of the child** - **'this is what I do want'** **'This is what I don't want or need right now'** - not every child needs a bespoke therapeutic intervention so keep using your **watchful** waiting skills
- **Express** a **genuine welcome** as their **new nurturer** - **'we want you here in our school community, we value you and will make sure that you are safe and loved'**
- **Engage** with **parents and carers in the community** remembering that **practical help and advice is often a helpful starting point**
- **Setup** welcoming **signs and systems** such as labelling/visual timetables etc in their own language and involve parents and carers to translate
- **Understanding** that they need **respite from anxiety**- a face may light up if you ask about their favourite football team rather than their journey to the UK
- **Provide** an **accessible curriculum** and climate of welcome which uses the skills and empathy of their peer group
- **Promote** **Play, socialisation and physical activity and opportunities for flow** experiences
- **Observe** their **existing skill set** and show you value this - tell me about what you know, what you are interested in and what you are good at, **always allowing for a regression due to trauma**
- **Respect** their need to simply **'fit in'** and **'be normal,'** nurturing resilience through **love, empowerment, engagement, connection, and the development of coping skills**
- **The key is school itself** - simply **'being in school'** is the best medicine for our refugee children - providing safety, security and routine which will enable their post-traumatic growth and give them the hope so needed by all right now.