



# The Starfish Suspension Reset Letter to the child

# A letter to a child (To be personalised by schools)

Dear [Child's Name],

I wanted to write to you following what happened in school.

Firstly, I want you to know this:

You are an important part of our school, you are known here and you still belong here.

Something happened that meant we needed to make a decision to suspend you from school for a short time.

This decision is never taken lightly.

It is made to:

- keep everyone safe
- give some space for things to settle
- allow time to think about what has happened and what needs to happen next

It's really important that you understand this:

This decision is about the behaviour that happened.

It is not about who you are as a person.

You are more than one moment.

You are more than one decision.

You might be feeling lots of different things right now.

You might feel:

- upset
- angry
- confused
- worried about coming back

Or something else entirely.

All of those feelings are okay.

While you are away from school, this is a chance for all of us to pause.

When you return, we will meet with you and talk together about what happened.

This is not about catching you out or expecting perfect answers.

It is about understanding.

You might want to spend a little time thinking about things like:

- What was going on for you that day?
- What were you feeling at the time?
- What made things difficult?
- What might help next time?

You don't need to have all the answers.

Just being willing to think about it is enough.

When you come back to school, we will support you.

We will:

- listen to your perspective
- help you settle back in
- work with you to make a plan that helps things go better
- make sure you have someone you can talk to

The most important thing is this:

We want you back.

We want you to feel safe here.

We want you to succeed.

This is a moment we can learn from together.

It is not the end of anything.

It is a chance to move forward in a better way.

If you are unsure about anything, or if you have questions when you return, you can always talk to:

[Name of trusted adult / contact]

Take care of yourself over the next few days.

We will see you soon.

From,

[Name]

[Role]

[School Name]

We will figure this out together.