



The Starfish Reintegration Meeting Template

A relational approach to
returning well

Child Details

Child's Name:

Year Group:

Date of Meeting:

School:

Attendees:

- Child
- Parent/Carer
- School Staff (names):
- Other (if appropriate):

A Different Starting Point

This meeting is about understanding, connection and moving forward together. It is not about blame.

It is not about revisiting everything that went wrong.

It is about making the return feel safe, supported and possible.



Part 1: Understanding the Experience

Hearing the Child

What did the day feel like for you?
(Child voice, capture in their words)

What was going on before things became difficult?

What do you wish adults had understood at the time?

What helped, even a little?

Hearing the Family

How has this experience felt from your perspective?

What have you noticed at home?

What do you feel your child needs right now?

Anything that has helped before?

Part 2: What Will Help Moving Forward

Building Together

What would help the first few days back feel easier?

Who is a safe / trusted adult in school?

What might feel difficult and how can we plan for that?

Part 3: Starfish Support Plan

(Keep this simple, human, and flexible)

1. Safety & Regulation

Early signs to notice:

Support strategies:

2. Key Relationships

Named adult for check-ins:

How often will check-ins happen?

3. Learning & School Day

What feels manageable right now?

Any adjustments needed?

4. Practical Support (Tick or add as needed)

- Supported start to the day
- Movement between lessons support
- Break/lunch support
- Exit strategy if overwhelmed
- Other: _____

Part 4: Agreements

These are shared commitments, not conditions.

What the school will do:

What the child will try:

What the family will support:

Part 5: The First Day Back

How will the child be welcomed?

Who will meet them?

What will the first part of the day look like?

The first 10 minutes matter.

Part 6: Review

When will we check in again?

Date: _____

Who will lead this?

Final Reflection

- Does the child feel safe returning?
- Does the family feel heard?
- Does this plan feel realistic and supportive?

The Starfish Way
We're not starting again from zero.
We are starting again with understanding.

One conversation.
One plan.
One starfish at a time.

