



Reflection

Journal

Name: _____

Computer log in details



My school

Username:

Password:

Magpie Learning Centre

Username:

Password:

My usual timetable at my school,
including lesson timings



I need to arrive at school at:

I need to go to:

On the days I am not at The Magpie
Centre, these are my plans
for school



Week	Day 1 –	Day 2 –
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Are there any clubs/activities/hobbies
I will be doing after school or at the
weekends?



If I'm not a member of any groups, the ones I could join are...

I could start a new hobby. I'm interested in...



My week 4 review

Questions I have for school:

Where is my safe space?

Who are my trusted adults?

How am I preparing to come back to school?

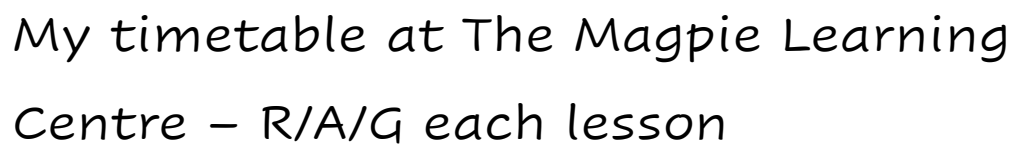
Any concerns about uniform?

Any concerns about other students?

My timetable at my home school– R/A/G each lesson



Subject and R/A/G rating	Any comments?
English	
Maths	
Science	
DT	
PE	
Art	
PSHE	
Citizenship	
RSE	
Geography	
History	
MFL	
Computing	
Tutor Time	
Assembly	
Break	
Lunch	

[illegible]

Any other information I need
for my home school?



What time do I need to be at school?

--

What time will I leave school?

--

Are there any trips or events I need to know about?

--

What are my classes currently learning?

[illegible]

What support strategies and grounding techniques have I learnt at The Magpie Learning Centre which I can use at school?



*Think about what you have learnt in Thrive *

What have I done in lessons at
The Magpie Learning Centre?



Week number	Lesson content
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

What enrichment activities have
I done at the Magpie Learning
Centre?

e.g. baking, Messy Senses, trips



Myself as a learner



How do I learn best?

e.g. a quiet space, noise-cancelling headphones, time out each lesson, position in the room

What do I need in order to learn effectively?

e.g. a coloured overlay, to sit alone, overlay to block additional text, to wear my glasses

Inspirational Quotes

"The more you read, the more things you will know. The more things that you learn, the more places you will go".

Dr Seuss



Useful numbers and websites



General

NSPCC – 0808 800 5000 www.nspcc.org.uk

Childline – www.childline.org.uk 0800 1111

Download the 'TELL MI' app – a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with the TellMi community helps you to feel better. Moderators check everything to keep you safe and in-house counsellors are always on hand if you need extra support.



Contact the School Nurse – Health for Teens

Leicestershire Partnership NHS Trust

You can text a public health nurse (school nurse) for confidential advice and support
07520 615386

healthforteens.co.uk

Instagram: @health_forteens #HealthforTeens



Crime

Victim support – free support line 08081689 111 (24/7 all year)

www.victimsupport.org.uk/help-and-support/get-help/request-support

Fearless@crimestoppers-uk.org

Domestic abuse

National Aid – www.nationalaidhelpline.org.uk

Freeva – support for those living with abuse www.freeva.org.uk

LGBTQ+ support – 08009995428 www.brokenrainbow.org.uk/help/online-chat