# Return to School Rubric

Consult with the student and their support team to:

* Select areas of concern from the rubric
* Tailor the stages to suit the student
* Delete the rows if not required.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Student Name: |  | School: |  | Class: |  | DOB: |  | / |  | / |  |

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| --- | --- | --- | --- | --- | --- | --- |
| **Focus area** | **Phase 1** | **Phase 2** | **Phase 3** | **Phase 4** | **Phase 5** | **Phase 6** |
| **Uniform** | I won’t put on the school uniform. | I try on some of the items of my school uniform at home. | I put on my school uniform and wear it for a period of 2 hours at home. | I put on my school uniform and wear it to school for a set period of time. | I put on my school uniform and wear it at school for the duration of the day. | I am comfortable wearing my uniform at school. |
| **Contact with someone at school** | I am not in contact with anyone from school. | I am in contact with one or two teachers and students at school via email fortnightly. | I speak with a teacher and a student from school at least once per week. | I attend school and spend time with both a teacher and a student from school for a set period of time. e.g. 2 hours | I attend school and spend time with both a teacher and a student from school for a set period of time.  e.g. 4 hours | I attend school and spend time with teachers and students from school for the duration of the school day. |
| **Sleep routine  (e.g. get up time being 7.30 allowing for minimum 8 hours sleep)** | I go to bed late and have difficulty going to sleep. | I go to bed late and can’t get up for school. | I go to bed late and get up late for school. | I go to bed late but still get up in time for school. | I mostly go to bed on time, and mostly get up on time for school. | I go to bed on time and get up on time for school. |
| **School work** | I don’t do any school work. | I do school work once a week for my favourite/chosen subject.  OR  I do some school work with support. | I do some school work on my own and some with support at least twice a week. | I do some school work every day, with support, in my favourite subject. | I do some school work every day for my favourite/chosen subject and finish the task. | I do some school work every day for 2 or more subjects and finish the task. |
| **Focus area** | **Stage 1** | **Stage 2** | **Stage 3** | **Stage 4** | **Stage 5** | **Stage 6** |
| **Attending school** | I am driven past the school with my mum/dad/carer. | I get out of the car at school and walk to the school gate with my mum/dad/carer. | I get out of the car and walk to the school gate independently. | I walk around the school grounds with mum/ dad/ carer/teacher. | I walk to the classroom door with my mum/dad/carer/ teacher. | I enter the classroom for a set time with a support person from school. |
| **Attending school: Joining the class** | I join the whole class for 10 minutes in the classroom in the morning session. | I join the whole class for 20 minutes in the classroom in the morning session. | I join the whole class for 1 hour in the morning session. | I join the whole class for 2 hours in the morning session. | I join the whole class for activities for a set period of time. | I join the whole class for the whole morning session. |
| **Attending School: Recess and lunch routines** | I stay in the classroom with my teacher at recess time. | I go to the library/ student welfare office/ designated ‘spot’ etc. during recess/lunch time. | I go with a friend to the library or designated spot at recess/lunch time. | I spend 10 minutes in the playground with a friend and then go to the library/  designated ‘spot.’ | I spend half of each recess or lunchtime with a friend in the playground and then go to the library/designated  spot. | I spend all of my recess and lunchtimes in the playground with a friend/s. |
| **Home routine** | I don’t have an evening or morning routine. | With active 1:1 support  from my family, I follow  my home routine. | With verbal encouragement and reminders from my family, I follow my home routine. | With one verbal reminder from my family, I follow my home routine. | I mostly follow my home routine without reminders from my family. | I follow my home routine independently. |
|  | **In the evening:**  e.g. set alarm, packing my bag and preparing uniform | **In the evening:**  e.g. set alarm, packing my bag and preparing uniform | **In the evening:**  e.g. alarm, packing my bag and preparing uniform | **In the evening:**  e.g. alarm, packing my bag and preparing uniform | **In the evening:**  e.g. alarm, packing my bag and preparing uniform |
|  | **In the morning:**  e.g. get up, breakfast, shower | **In the morning:**  e.g. get up, breakfast, shower | **In the morning:**  e.g. get up, breakfast, shower | **In the morning:**  e.g. get up, breakfast, shower | **In the morning:**  e.g. get up, breakfast, shower |
| **Focus area** | **Stage 1** | **Stage 2** | **Stage 3** | **Stage 4** | **Stage 5** | **Stage 6** |
| **Screen Routine** | My screen routine takes up more than 5 hours of my day. Before I go to bed I spend 5-10 minutes without screen contact. I have unlimited access to screens in my bedroom. | My screen routine takes up 4-5 hours of my day. Before  I go to bed I spend 10-20 minutes without screen contact. In my bedroom there are screens but I do not access them between 8pm and 8 am. | My screen routine takes up 3-4 hours of my day. Before  I go to bed, I spend 30 minutes without screen contact. In my bedroom there are screens, but I do not access them between the hours of 8pm and after school. | My screen routine takes up 2-3 hours of my day. Before  I go to bed, I spend at least 30 minutes without screen contact. There are no screens in my bedroom. | My screen routine involves less than 2 hours of my day. Before I go to bed, I always spend at least 1 hour without any screen contact. There are no screens in my bedroom. | My screen routine involves less than 2 hours of my day. Before I go to bed, I always spend at least 1 hour without any screen contact, and read for 1 hour before sleep. There are no screens in my bedroom |

*Reference: Travancore School Outreach Team*