

# Supporting Your Child's Learning Journey

## *A Guide for Parents – The Catch Up Academy*

### **A Message to Parents**

We understand that this is not a journey any parent expects to be on.

Whether your child is struggling to attend school, experiencing anxiety, has additional or special educational needs, or needs a different approach to learning, reaching this point can feel overwhelming.

At The Catch Up Academy, our role is simple: to support your child back into learning, and to support you as a parent throughout that journey.

This guide explains what you can expect if your child is supported by The Catch Up Academy, how we work, and how we help families move forward with confidence.

### **Understanding Your Child's Needs**

**Every child we support is different. Many of the children we work with may:**

- Be struggling to attend school or have stopped attending altogether
- Feel anxious, overwhelmed, or disengaged from learning
- Have SEND, SEMH, or additional needs
- Have gaps in learning that make school feel unmanageable
- Need a calmer, more personalised approach

**We take the time to understand not just your child's needs, but also:**

- Their strengths and interests
- What helps them feel safe and regulated
- What has and hasn't worked in the past

**Your child is always seen as an individual, not a diagnosis.**



## How The Catch Up Academy Supports Children

Our provision is built around **engagement first, progress second**.

Children cannot learn if they feel unsafe, anxious, or misunderstood. Our approach focuses on rebuilding confidence alongside academic development.

Your child will receive:

- ✓ A personalised programme designed around their needs
- ✓ A specialist tutor experienced in supporting similar children
- ✓ A calm, consistent learning environment
- ✓ Flexible sessions that adapt as your child develops
- ✓ Support that moves at the right pace for them

Our aim is to help your child reconnect with learning in a way that feels achievable and supportive.

## What Tuition Looks Like in Practice

Parents often tell us that knowing what will actually happen is reassuring.

This is how our support works:

### 1 Initial Understanding

We gather information about your child from you, the local authority, schools, and other professionals. This helps us understand how best to support them.

### 2 Careful Tutor Matching

Your child is matched with a tutor who has experience with similar needs and who is likely to build a positive, trusting relationship.

### 3 Tailored Tuition Sessions

Sessions are designed around your child's capacity and engagement levels.

This may include:

- Short, structured learning activities
- Breaks and movement where needed
- Practical or interest-based learning
- Gradual increases in learning time

There is no pressure to "catch up" too quickly.

### 4 Ongoing Review

As your child's confidence and engagement grows, the programme is reviewed and adjusted to support continued progress.

## Supporting You as a Parent

You are not expected to manage this process alone.

Every family we work with is supported by a **dedicated account manager**, who:

- ✓ Acts as your main point of contact
- ✓ Keeps you informed about your child's engagement and progress
- ✓ Liaises with tutors, schools, and the local authority
- ✓ Supports conversations around next steps and transitions

Parents tell us that having one consistent person who understands their child's journey makes a significant difference.

## Working Towards the Next Step

Our provision is always purposeful.

Depending on your child's needs, the focus may be on:

- ✓ Gradual reintegration into school
- ✓ Transition to a specialist setting
- ✓ Continued alternative provision
- ✓ Building independence and readiness for learning

We work collaboratively with families and professionals to support your child towards the most appropriate and achievable next step.

## Trust, Safety & Experience

Parents place enormous trust in us, and we take that responsibility seriously.

- ✓ All tutors are carefully vetted and trained
- ✓ Robust safeguarding and quality assurance processes
- ✓ Extensive experience working with vulnerable children
- ✓ Nationwide coverage with local, specialist tutors
- ✓ Strong working relationships with local authorities and schools

Your child's safety, wellbeing, and progress are always our priority.

## What Happens Next

If you are considering The Catch Up Academy for your child, the next step is simply a conversation.

We are happy to:

- 1 Answer any questions you may have
- 2 Talk through your child's needs
- 3 Explain how support would work in practice

There is no pressure — our aim is to help you make the decision that feels right for your family.

## Contact Us

### The Catch Up Academy

 [info@thecatchupacademy.co.uk](mailto:info@thecatchupacademy.co.uk)

 0203 854 0600

 [www.thecatchupacademy.co.uk](http://www.thecatchupacademy.co.uk)

