



8th October 2026

## Energy Accounting - Supporting Your Child Before and After School

Dear Parents and Carers,

For many young people with SEND, getting through a school day can use a significant amount of physical, emotional and mental energy.

Energy accounting is a simple way of thinking about this. Imagine your child starts each day with a battery. Some activities use energy and drain the battery, while others restore energy and recharge it.

For some young people, everyday experiences such as getting ready for school, travelling, concentrating, managing noise, moving between lessons, socialising and coping with changes can use a lot of energy.

A calm and predictable morning can help your child save energy for the school day. Preparing uniform and bags the night before, allowing extra time and keeping instructions short and clear can all help.

Some young people may arrive home tired, emotional, irritable or overwhelmed, even if they have appeared to cope well in school.

They may benefit from some low-demand recovery time before homework, activities or lots of questions about their day. This might include quiet time, a snack, music, gaming, movement, a preferred activity or simply spending some time alone.

We have included an infographic to help you and your child identify:

- **What drains their energy**
- **What helps them recharge**
- **How they know when their battery is getting low**
- **What adults can do to help**

Every young person is different. The aim is not to remove all demands, but to help our young people understand and manage their energy before they become overwhelmed.

If you notice that your child is regularly exhausted after school, finding mornings particularly difficult or needing significant recovery time, please let us know. This information can help us understand their needs and work together to support them.



### ST JOHN BOSCO ARTS COLLEGE

Telephone: 0151 330 5142

Email: [enquiries@stjohnbosco.org.uk](mailto:enquiries@stjohnbosco.org.uk) [www.stjohnboscoartscollege.com](http://www.stjohnboscoartscollege.com)

Storrington Avenue, Liverpool L11 9DQ

Headteacher: Mr Darren Gidman, BSc [Hons], NPQH

Thank you for your continued support.

Yours sincerely,

Mr C Billington  
Inclusion Lead / Acting SENDCo

# Energy Accounting

Supporting your child with SEND before and after school

Helping your child manage their energy to support wellbeing, learning and happier days.

## What is energy accounting?

Energy accounting is a simple way to think about the amount of physical, emotional and mental energy your child has available each day.

Every activity either **uses energy** (drains the battery) or **restores energy** (recharges the battery).

## Why does it matter?

Many young people with SEND use more energy than their peers to manage everyday activities such as sensory experiences, socialising, concentrating, changes and transitions.

If we understand what uses and what restores energy, we can help our children stay regulated, reduce overwhelm and support positive attendance and wellbeing.

CALMER  
HAPPIER  
MORE ABLE TO LEARN

## Things that use energy

These can drain your child's battery. For some young people with SEND, everyday activities can use a lot of energy.

Getting ready

Travelling to school

Busy places and crowded spaces

Noise, lights and sensory experiences

Concentrating for extended periods

Moving between lessons or changes

Remembering equipment and instructions

Socialising and interpreting communication

Managing worries or anxiety

Masking or trying to appear as though they are coping

Homework and additional activities

Unexpected events or uncertainty

## A child's day

## Things that restore energy

These can help recharge your child's battery. What works will be different for every young person.

Listening to music or using headphones

Quiet time in a comfortable space

Gaming or engaging with a special interest

Time outdoors or going for a walk

Having a drink and snack

Spending time with a pet

Movement and exercise

Time without conversation or questions

Creative activities

Reading

Resting or sleeping where appropriate

Time with trusted family or friends

## Why the morning matters

A rushed or stressful morning can use a lot of energy before your child even arrives at school.

**Helpful ideas:**

- Prepare uniform, bag and equipment the night before
- Use a visual morning routine
- Allow extra time and reduce time pressure
- Keep instructions short and clear
- Create a calm and predictable start to the day

A calmer morning helps preserve energy for the school day.

## Why the after school time matters

After a day of learning, concentrating and managing sensory and social demands, many young people with SEND need time to recover.

**Helpful ideas:**

- Allow time for low-demand decompression
- Avoid immediately asking lots of questions
- Delay homework where possible
- Offer a snack and drink
- Provide time for a preferred activity
- Be patient if they are tired, emotional or irritable

**Behaviours at home after school often reflect exhaustion, not disobedience.**

## Try it at home

Create two lists with your child:

- What uses my energy?**  
e.g. school, travel, noise, homework
- What gives me energy?**  
e.g. quiet time, music, pets, exercise
- Use a battery scale to rate their energy during the day.

## My energy scale

**100%**  
 I have lots of energy

**75%**  
 I am doing okay

**50%**  
 I am starting to feel tired

**25%**  
 I need to reduce demands and recharge

**10%**  
 I am overwhelmed and need recovery time

## Remember...

- ✓ Energy is finite – it can run out.
- ✓ Managing energy is not about avoiding all demands.
- ✓ Finding the right balance helps your child learn, stay regulated and build independence.
- ✓ Every child is different – what works for one may not work for another.