

## Our Whole School Expectations

- When teachers greet children they expect a positive response e.g. when greeted with “Good morning xxx”, children respond with “Good morning Mrs/Mr/Miss xxx”.
- “1,2,3; eyes on me!” (KS1) “3, 2, 1” (KS2) “Hands on top, that means stop” (EYFS) – There is an expectation that all children stop and look at the adult. All teachers to stand centrally in the front of the classroom, in silence, to communicate that they want children’s attention following this mantra.
- Teachers only address their class/group when all children are silent and listening.
- When any person, adult or pupil, is talking, everybody will listen silently.
- Teachers ensure eye contact is gained and a reminder of expectations is given when necessary.
- Teachers use a look of dissatisfaction when required.
- Teachers ensure that drinks are not accessed during didactic teaching.
- When equipment is dropped, it is picked up quickly - We look after ours and others belongings.
- Chairs are always tucked under tables when moving away.
- Bags and coats are always stored away neatly.
- When sitting on the carpet, legs are crossed. “Hands on legs or laps.”
- When sitting at tables, chair feet always remain on the floor.
- When moving around the classroom, walking is always expected.
- We remain in our seats when we are expected to.
- If we wish to speak, we raise our hand quietly and wait for an adult to address us.
- Permission needs to be sought from the class teacher if someone wishes to leave the classroom (one child at a time to leave class for the toilet during learning time).

CLASSROOM / LEARNING

### Teachers use the following mantras

- 1,2,3; eyes on me (KS1): 3, 2, 1 (KS2)
- ‘My turn to talk, your turn to listen’
- ‘My turn, your turn’
- TTYP: talk to your partner; tell me what your partner said
- In our school we are caring towards others and school property
- In our school we are active listeners
- In our school we support everyone’s opportunity to learn
- In our school we wait to be asked before sharing an answer
- In our school we believe in ourselves and others
- In our school our behaviours are always respectful
- In our school we work together to find out more; we are curious
- In our school we celebrate our own and others’ achievements
- This is a reminder
- Let’s discuss this together at breaktime

MANTRAS

## Scotch Orchard Whole School Approach to Supporting Pupil Behaviour

- Teachers expect children to walk around school in single-file and on the left.
- Noise around school: Silence, voices are off when children are not in the classroom or on the playground, unless talking to an adult
- Teachers will lead classes from the front and TAs will follow from the back.
- Teachers will create a line order so that all children are successful when lining up and sitting in assemblies.
- At lunchtimes, children walk around the outside of the hall to their dinner queue.
- Lunch boxes will be stored appropriately in the allocated boxes / trolley which will go to the hall at the start of lunch and will be fetched to class after lunch.
- Children enter and leave the classroom via the outdoor classroom door, unless going to the school hall, and they will be accompanied by the teacher.
- At break and lunchtimes, after the children have left the classroom, classroom doors are locked.
- At breaktimes, children can enter back into school for the toilet via the Y2 classroom door.
- Whistles are only used outdoors.
- After playing, at the first whistle children stand still and pick up any equipment.
- Second whistle, children walk to their lines, carrying, sensibly, any equipment, where they will be met by the teacher and accompanied into class.
- Year 5 and 6 can walk home, with written permission.

### MOVEMENT / PLAYTIMES

- In our school, we enter assembly in line order set by the teacher
- Children walk into assembly silently and remain silent. Teachers model this.
- Before entering, children tuck in their shirts.
- Once seated, children remain seated throughout.

- Children clap, when appropriate, respectfully. Teachers will not accept cheering or chanting.
- If children have items with them, or awarded to them, during an assembly, they place these in front of them, on the floor.

### ASSEMBLIES

- We would prefer that mobile phones and smart watches are not brought into school, but where they are, they must be turned off as children enter school premises and should be stored in the locked box at the school office until the end of the school day, and should not be turned on again until the child has left the school site
- Jewellery is not permitted (excluding jewellery for religious reasons), except for watches and one stud ear-ring in each ear, which must be removed or taped up before school on PE days
- Hair that can be tied up must always be tied up for PE
- School uniform should be worn at all times and teachers will enforce this (ONLY Grey or black socks / tights; black school shoes (no boots, heeled shoes, open toes); black trainers for PE; white/blue hair accessories; showerproof coat
- PE kit: plain white tshirt, dark shorts/joggers, dark jumper/hoodie (no logos)
- No make-up should be worn to school (including nail varnish, tattoo transfers)
- ALL uniform and equipment to be named
- No toys or cards, including fiddle toys, should be brought into school

### UNIFORM / PERSONAL PRESENTATION

# Scotch Orchard

## Whole School Approach to Supporting Pupil Behaviour

### VISION AND INTENT

At Scotch Orchard, the vast majority of children behave impeccably. This is because their early pre-natal and post-natal experiences have prepared them well to succeed in school. For those children whose early life experiences, or indeed diagnosis of additional needs, have not equipped them to manage their strong sensations or emotions, it is incumbent upon us to support them systematically (through excellent relationships) to learn strategies to reduce their anxieties and manage their feelings and emotions. Over time, it is our intention to equip all children with the skills they will need for success in later life.

We do this through:

- Allocation of a key worker where necessary
- Embedding vital relational functions (VRFs)
- Targeted social and emotional developmental intervention strategies
- Embodying PACE (playfulness, acceptance, curiosity and empathy)
- Clearly articulated, appropriate and proportionate responses

Children and adults who are able to regulate themselves physiologically have what is called a large 'window of tolerance'. This means they are able to tolerate both high and low levels of arousal without dysregulating (tripping into a survival 'flight', 'fight' or 'freeze' response).

Our core purpose is to support all children to increase their window of tolerance and thus their capacity to regulate themselves physiologically. This takes time and many repetitions.

### Behaviour as a way of communicating

At Scotch Orchard, we know and understand that all behaviours are a form of communication and usually signal that a child has become dysregulated or has an unmet need. We are wholly committed to teaching appropriate behaviours in the same way as we approach other curriculum areas, for example Reading. We understand that this teaching needs to be progressive and accumulative, and revisited many times. This is especially true when a child's early experiences may not have equipped them with a stress-regulation system that enables them to settle, to feel safe, to concentrate, to be curious or to be willing to work alongside their peers in collaborative ways.

### Motivation and Celebration

At Scotch Orchard, we know that the vast majority of our children behave impeccably because they are able to self-regulate. This means that they are usually able to control their behaviour, emotions, and thoughts in the pursuit of long-term goals. Our aim is to help all of our children to do this.

We know that it is important to develop children's intrinsic motivation, so that they are able to do something for the sake of personal satisfaction and the primary motivator is internal (i.e. they don't expect to get anything in return). This is opposed to extrinsic motivation, where pupils choose behaviours not because they enjoy them or find them satisfying, but in order to get something in return or avoid an adverse outcome. Studies have shown that "External incentives are weak reinforcers in the short run, and negative reinforcers in the long run." (Benabou & Tirole, 2003).

That said, we do utilise a limited number of extrinsic rewards to celebrate and recognise positive behaviour through ensuring that children are always praised and congratulated.

#### House Points

On entry to school, children will be put into a house. School events throughout the year, such as Sports Day, will enable children to earn points for their house team. Children will also be able to earn house points for showing our school values of caring, believing and achieving. At the end of the year, we will have a house celebration where the winning house is announced.

#### Praise postcards

Praise postcards are awarded to children and teachers discuss these with parents at the end of the day.

#### Celebration certificates

A certificate is awarded to one child in each Key Stage per week in celebration assembly for exemplary behaviour or achievement in an academic or non-academic area of the curriculum.

### Meeting Basic Needs

We understand that building and maintaining healthy, loving and nurturing relationships with children is imperative. We also know (Berne, E. 1970) we can meet basic human needs through:

**Recognition:** eye contact, smiles, comments, encouragement, attention, being noticed and valued

**Contact:** non-intrusive touch (see safe touch policy)

**Stimulation:** sensory stimulation: auditory, visual, kinaesthetic, tactile, olfactory, taste

**Structure:** predictable routines, order, followed through plans, recognition of special events and anniversaries

**Incident:** novelty, drama, excitement; fresh new experiences; challenges and risks

**Sexual:** acceptance of sexual and physical being including recognition of states of arousal and physical needs

**Spiritual:** deep connection, wonder at life; desire to share special moments with others

### 500 Repetitions

Our capacity to learn new habits and skills is possible because of the neural plasticity of the brain. Children who struggle to manage their behaviours need specific and repeated relational experiences which lead to the building of new neuronal pathways, which takes time, effort and repetition. Our staff know and appreciate that it takes about 500 or more repetitions to learn something new.

# Scotch Orchard

## Whole School Approach to Supporting Pupil Behaviour

### Building Supportive Reciprocal Relationships

At Scotch Orchard, we know that there are important ways to be in a relationship with a child that contribute positively to the development of a significant relationship, and to the development for the child of a healthy sense of self. These are known as Vital Relational Functions (VRFs) and are comprised of: Attunement, Validation, Containment, Soothing/Regulating. In addition, all staff understand the principles of PACE; Playfulness, Acceptance, Curiosity and Empathy (Dan Hughes). PACE is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. PACE is an approach of four personal qualities which allow adults to support a child to develop their own self-awareness, emotional intelligence and resilience. Over time and with practise, children can gain strong tools to better understand and regulate their emotions.

#### Attunement

All staff working in school are alert to how a child is feeling, demonstrating attunement to their emotional state and articulating this through: facial expressions, body language, gesture and noises such as 'aah', 'ooh', 'oh', 'mmm', 'eek'. Staff demonstrate they understand the intensity, pitch, pace, volume, expansiveness or special experience of the child's emotional state.

#### Validation

At Scotch Orchard all staff are alert to the child's experience. They validate their perspective / experience / feeling, for example: 'whoah that noise was loud, it made me scared!' 'It is really hard when someone you get on with leaves; it is sad to see them go'. Staff understand that this needs to happen before we can move to help the child regulate. Staff know to avoid reassuring, persuading otherwise or contradicting.

#### Containment

Staff are alert to how a child is feeling, and demonstrate containment by showing that they can catch and understand the pitch / intensity / quality of their feeling or mood and can bear it. Staff make their deep distress, raging anger, or painful sorrow a survivable experience. This shared experience builds trust for the child in the adults around them and in the adults in the wider world.

#### Soothing and Regulation

Being alert to how children feel, soothe and calm a child's distress. We know that pupils will need to repeatedly experience being calmed before they can do it for themselves. At all times staff model regulation by managing their own emotional states and remaining calm, in charge, and positive.

#### PACE

**Playfulness** – an open, ready, calm, relaxed and engaged attitude. When children laugh and giggle, or believe they're participating in a game, they become less defensive and more reflective. Play can diffuse a difficult or tense situation and turn an instruction or command into a fun activity.

**Acceptance** – unconditionally accepting a child makes them feel secure, safe and loved. This involves actively communicating to the child that we accept their wishes, feelings thoughts, urges, motives and perceptions that are underneath the outward behaviour. It is about accepting without judgement or evaluation the child's inner life.

**Curiosity** – without judgement, children can become curious and more aware of their inner life. Curiosity involves a quiet, accepting tone that conveys a simple desire to understand the child. For example, 'I was wondering if that made you feel scared'

**Empathy** – a sense of compassion for the child and the child's feelings. Ensuring the child knows that we understand that their behaviour is a way of communicating with us that they feel dysregulated and for them to know that at times everyone dysregulates.

#### Shining a light on behaviour

At Scotch Orchard, we know it is not enough to be kind and nurturing; we need to help a child to calm themselves down independently. We know that distraction, denial, reassurance or ignoring will not work, and although we may succeed in temporarily stopping the symptom, we will not be addressing the underlying cause of the behaviour that is shaping the child's stress-regulation system.

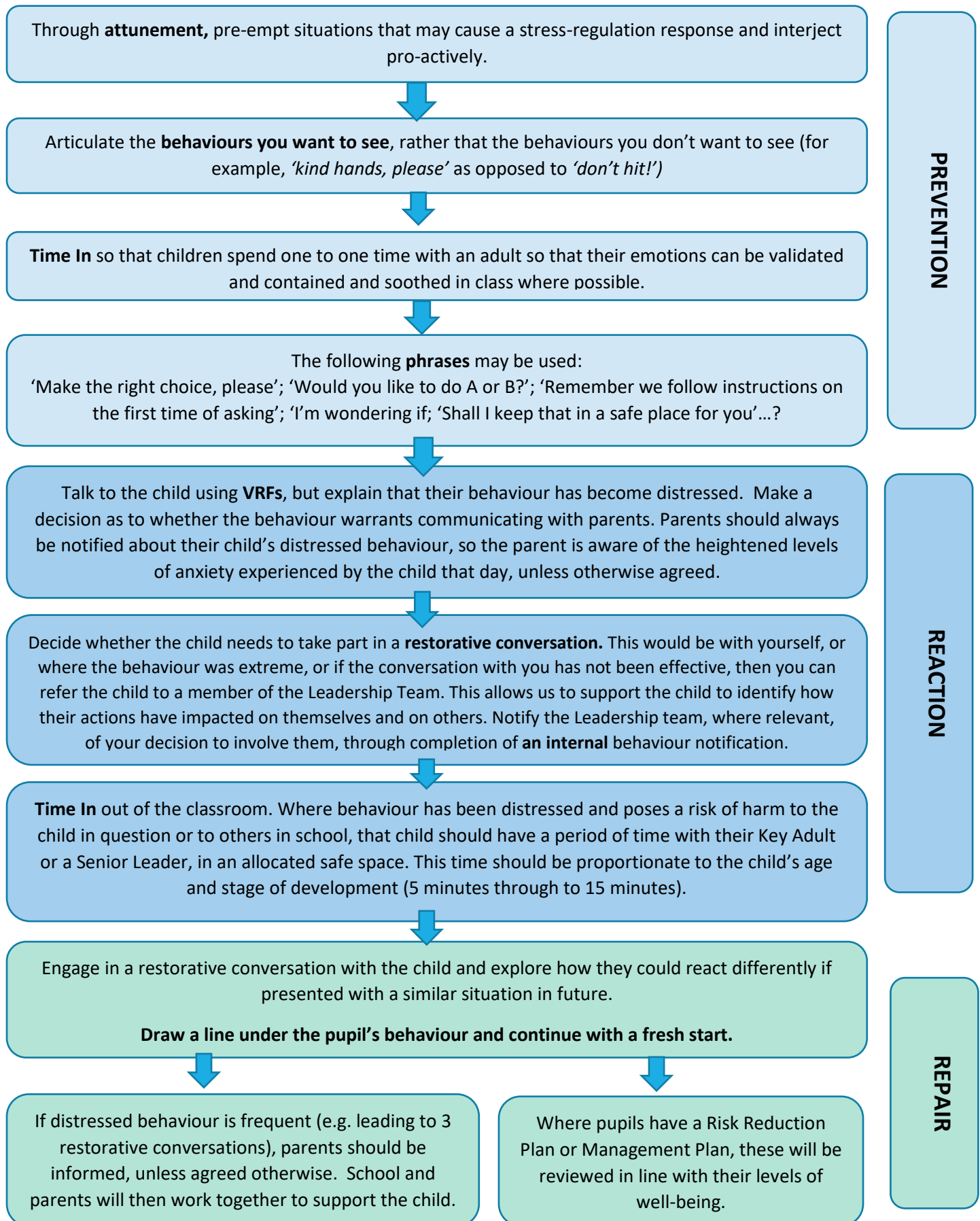
We know we need to help children to recognise and begin to understand their own behaviour by constant and sensitive use of: Attunement, Validation, Containment and Regulation (VRFs). Through a progressive approach, we want to: help them make the links between emotion, sensation and behaviour, to lend our thinking brain to help them name, sequence and make links between cause and effect, actions and consequences, to move a child that is dysregulated back to a position where they can access their thinking brain and over time, to reduce the number and intensity of learners' dysregulations. Dangerous or socially unacceptable behaviour needs to be stopped; the situation must be made safe for the child, the other children and for the adults involved.

**Although the emphasis at Scotch Orchard is on developing supportive, reciprocal relationship, children do need to know when their behaviour is socially unacceptable and / or puts them or others at risk. We are committed to helping them develop an understanding of cause and effect, so for example – this action results in the following impact and we do this through restorative conversations.**

# Scotch Orchard

## Whole School Approach to Supporting Pupil Behaviour

Sitting alongside our behaviour rationale is this flowchart which aims to support staff to help children improve their social and emotional development and well-being.



### Practical Application

#### Fostering connection

Eye contact, thumbs up, smile, nod, good morning/welcome, end of day goodbye, hand on a shoulder, sharing humour, assigning jobs, take an interest in their hobbies, use transitional objects, reciprocal touch, keeping close, winking, noticing change – lovely hair etc, mirroring child's emotions.

#### Praise

Great work, super effort, I'm impressed with, I love the way you..., stickers on work, smiley faces, thumbs up, high five, great job, praise postcards, house points

#### Regulating

I wonder if, I can see..., I think you need, let me help, I understand, That must be..., I know how that feels, would you like,...Let's do this together, I will help you, do you need a hug?

#### Self care

Acknowledging how you feel, breathing, walking away, taking time out, swapping in, changing track, choosing when to intervene and when not to, celebrating personal successes, reflecting on practice.

#### Validate

Oh dear..I can see you're feeling very frightened/scared/worried/cross/upset/angry/anxious.... goodness me – I can see you're very....I remember feeling like that when I....

#### Co-regulation

Make the right choice please, I know you can, kind hands please, kind words please, inside voice please, you can do this....or this...which would you prefer? Show me good listening, I know you listen first time of asking, let's breathe together, how can we regulate together?

**When an incident escalates that puts the child or other children at harm you will need to draw upon....**  
In a firm, assertive voice: No, stop now, this is not acceptable, come with me, this has to stop, let's go and see (a member of the Senior Leadership Team)

#### Restorative conversation

**In a calm, quiet, low-distraction area where both participants are regulated a conversation will take place in the form of a behaviour intervention to support the child to reflect on their behaviour and the impact it has had on them and others.**

1. Talk to me about what happened
2. What were you thinking at the time?
3. How did that affect those around you?
4. What can we do to put it right?
5. What can you do differently next time?

Develop a behaviour support plan with parents and Senior Leader/SENDCo to support the child to recognise feelings and manage them in a socially acceptable manner.

If a relationship breaks down between the teacher, parent and child which means that the child is disadvantaged through school's inability to help them make positive change, then exclusion will be considered as a last resort.

**PREVENTION**

**REACTION**

**REPAIR**