



## Behaviour Policy

Policy lead:	Head teacher
Link Governor:	
Date of last review:	September 2022 Revised January 2023
Date for next review:	September 2023

**Widewell Primary Academy**  
**Relationships and Behaviour Policy 2022**



### Introduction

Our aim is for the school to be happy and caring, in which all children have the opportunity to achieve the very highest standards.

These two aspects of school life are obviously closely related because a calm school, in which children are behaving well and showing respect and consideration for others, will provide the right atmosphere for high levels of achievement.

The purpose of this policy, therefore, is to promote responsible, considerate and sociable behaviour leading to an excellent level of self-discipline from all pupils.

All parents receive a copy of this behaviour policy and are asked to support the school over its application.

## **Relationships**

At Widewell Primary Academy, we know that developing and sustaining positive relationships is central to the success of our school. We believe that trusting, honest and caring relationships must exist between all members of the school community and most importantly between adults and children. Relationships must be authentic.

Everyone at Widewell understands that they have a responsibility to support the growth of positive relationships, that constant maintenance is required to maintain them and that there will be times when relationships rupture but that we all have a duty to help repair these.

Widewell's relationship ethos provides the foundations for our behaviour approach. Adults all know that behaviour is understood as communication and that poor behaviour is as a result of an unmet need. All staff have been trained in ways to be in relationship with children, and each other, that helps everyone work together in a positive and productive way to support the emotional needs of our children and nurture positive behaviour.

Our approach to relationships is based on the teachings of Trauma Informed Schools UK (TISUK). It is underpinned by educational practices which 'Protect, Relate, Regulate and Reflect'.

## **Protect**

Our priority is to ensure that children are safe. In this context that means not only physical safety but also within the relational environment. We reduce the stress for the child by creating a warm and calm environment that is consistent, accepting and optimises social engagement. We do not place children in situations that they cannot manage and focus on creating both physical and psychological safety.

Specifically;

- All adults are taught about the impact of toxic stress on learning, wellbeing and behaviour.
- Regular whole school training to ensure that all adults have a comprehensive understanding of PACE (Hughes 2016), whole school awareness of Social Engagement Theory (Porges 2017) and Panksepp's Emotional Systems (2012).
- Ensuring that there are emotionally available adults in school and that children know who they are and where to find them.
- There is a no shouting, no shaming policy in school. Raised or hostile voices are not tolerated and any conversations with individuals about behaviour take place in private, away from the gaze of other children.
- Adults are aware of facial mobilisation and are expected to present as open, warm and engaged at all times.

- Adults are consistent and adjust their expectations around vulnerable children to meet their needs. They ensure that their interactions are socially engaging and not socially defensive.
- Adult only spaces and time to reflect is encouraged.

## **Relate**

At Widewell, our understanding of Relate is underpinned by the knowledge that the ability to form meaningful relationships is fundamental to mental health and happiness. We understand that relationships are crucial in promoting the optimal development of the frontal lobes of the brain associated with the executive functions key to emotional regulation, emotional intelligence, planning, problem solving and ultimately learning. There will be children in our schools who, for many reasons, have not benefitted from these positive relational experiences. Research indicates that the brain retains plasticity and repeated, positive, relational experiences can repair and reverse this cycle.

Specifically;

- All adults are attachment aware.
- All adults interact with each other, with children and with parents and carers from a position of social engagement not social defence.
- All adults know about the key relational skills (Affect, Attunement, Empathy, Containment and Calming and Soothing) and use these when supporting all children.
- Adults ensure that children have daily positive relational experiences to help them to become trusting, help-seeking individuals. PACE is embedded in all interactions
- Children and adults are helped to express their emotions and are not shamed or undermined when acknowledging their anxieties.
- Adults have daily opportunities to engage with each other in environments that are supportive and pleasant.

## **Regulate**

We know that leaving children (and adults) in a state of toxic stress can result in physical ill health as well as making it impossible to engage productively in the activities taking place around them. We have a duty to support children and adults in school to ensure that they are not left in toxic stress. We know that one of the most powerful ways to do this is to talk to children and help them to talk about what is bothering them. At Widewell, we are committed to doing this through the relationships we have with children and each other.

Specifically;

- Providing children with time-in with an adult who they trust to help them calm down, ready to reflect
- Teaching children strategies to support them in self regulation
- Ensuring that interactions are emotionally regulating, playful and enriched
- Ensuring that we do not engage in socially defensive behaviour with children, especially when correcting behaviour
- Our schools provide and value staff-only spaces, designed to promote regulation and reflection
- Adults are aware of each other's needs and support each other through rich, trusting relational experiences.

## **Reflect**

At Widewell, we believe that children and adults need to be able to reflect on their feelings in order to fully understand them and their behaviour. Without the opportunity to do this we are far more likely to act out our feelings. Reflection enables us to make sense of our life, develop language for emotions and have a coherent narrative that makes sense of what we are feeling and what has happened to us. There are times following troubling incidents that children and adults need to be helped to reflect in order to make sense of them and if necessary, to repair ruptures in relationships that may have resulted. Such reflection takes place only once the child is calm and regulated, with a trusted and emotionally available adult who is able to offer non-judgemental support. We recognise this as being 'connection before correction' (Dan Hughes 2017).

Specifically:

- Staff are trained in the art of good listening with a particular focus on empathy and acceptance of the feeling if not the behaviour.
- Children have opportunities to work with trusted adults to make sense of painful experiences through creative, therapeutic approaches.
- Behaviour is understood to be a form of communication and adults respond to poor behaviour by asking not what did you do but what has happened to you?
- Restorative conversations take place when children are ready and able to think about what has happened and are supported to repair.
- PSHE is informed by current research and teaches children about mental health, emotions, relationships and how to live life well.

## **High expectations**

It is important that high expectations for behaviour exist, and that these are clear and understood by the whole school community.

Class rules are devised at the beginning of each year, and revisited at regular intervals during the year, classroom rules may vary slightly from class to class, but the following areas will always be included as our core school rules:

- \* politeness and consideration to each other
- \* respect for each other's property and that of the school,
- \* keeping hands and feet to yourself,
- \* keeping the noise level low in the classroom and when moving around the school,
- \* listening carefully and following instructions the first time they are given.

## **Recognition and Rewards**

Positive behaviour is recognised and celebrated through verbal praise, feedback to parents, taking a child to their previous teacher or a senior member of staff to receive praise, special responsibilities, learner of the week certificates and being awarded one of our cups during the weekly celebration assembly.

## **Dojo Points**

These are awarded to children as quick praise linked to school values and classroom rules. Certificate are awarded to children who achieve 10, 25, 50, 75, 100, 150 house points in our weekly celebration assembly.

Dojo points will be awarded for our school values:

<b>Value</b>	<b>Meaning</b>
Determined	Trying hard and doing my best
Resilient	Not giving up
Enquiring	Wanting to know more
Aspirational	Aiming high
Mindful	Being kind and respectful

This list is not exhaustive – there may be times that staff use their professional judgement.

Children who have a positive point total at the end of the week will take part in 'DREAM time' within their class or Key Stage. This is a session which children will be able to choose something which they enjoy doing at school such as forest school, art or sports.

Dojo points are also linked to house points as we promote team work to gain points for a class or house reward.

Winning class – the class with the highest total of dojo points is announced in assembly. Each class may choose a reward linked to these such as playing a game, extra playtime.

Cumulative points are calculated for each house on a weekly basis and the house that has the most points at the end of term are rewarded with a treat such as extra playtime.

## **Behaviour Support**

We understand that some children have social, emotional and developmental needs which are a result of a variety of factors such as adverse childhood experiences (ACEs). Children who need additional support will be identified by school staff and given support in school or through external agencies and professionals if appropriate. Additional support from our SENCO or Educational Psychologist may be appropriate. A Behaviour Support Plan may be introduced to support a child and this will be written alongside parents and carers. Appendix A.

We use the PACE approach, developed by Dr Dan Hughes, an American psychologist who works with traumatised children, when supporting children who exhibit challenging behaviour to help them to regulate. PACE stands for Playfulness, Acceptance, Curiosity and Empathy. Appendix B.

## **Consequences**

Sometimes children need reminders and low level interactions such as non-verbal cues, positive reinforcement to describe the behaviour you are expecting eg. 'don't forget to walk' rather than 'don't run' or a discrete, direct reminder.

Negative behaviour points will be given for:

<b>Points</b>	<b>Behaviour examples</b>	<b>Consequence</b>
-1	Low level disruption to people sat near you Not being on task Calling out and interrupting Not following instructions Not following school / class rules	Parents see notification of –1 for negative behaviour
-2	Disruption in class / disrupting learning	Parents see notification of –2 for negative behaviour

	Being rude, disrespectful or unkind to children or adults	
-3	Unsafe behaviour Inappropriate language Hurting others	Parents see notification of –3 for negative behaviour Teacher to speak to parent (in serious cases, this will be done by SLT) Missed time / restorative conversation with teacher on same day. Child brought to a member of SLT to follow this up.

This list is not exhaustive – there may be times that staff use their professional judgement.

A note may be added to Class Dojo to explain the negative behaviour incident which staff and the child's parent can see.

Any interactions with a child about their behaviour will always be conducted in a calm, respectful way with language designed to recognise, be aware of and respond to the child's needs through attuning and validation. See Appendix C for suggested phrases.

Some children may need extra support or have a Behaviour Support Plan which should be followed at all times to ensure consistency.

If appropriate, further sanctions may be put in place which are proportionate to the behaviour and show understanding of the context of the child. These sanctions should be put in place at an appropriate time and be fair and consistent. For example, moving a child to sit in another place in the classroom to complete their work or having 5 minutes of 'time out' during playtime. If you are unsure of what sanction to put in place, please discuss with a member of SLT.

## **Bullying**

### What is Bullying?

Bullying is any form of repeated behaviour, which causes a person to be unhappy.

Bullying can occur through several types of anti-social behaviour. It can be:

- a) Physical: A child can be physically punched, kicked, hit, spat at, etc.
- b) Verbal: This can take the form of name calling. It may be directed towards gender, ethnic origin, physical/social disability, personality, etc.
- c) Exclusion: A child can be bullied simply by being excluded from discussions/activities.
- d) Damage to Property or Theft: Pupils may have their property damaged or stolen. Physical threats may be used by the bully in order that the pupil hand over property to them.

Bullying is not a major problem at the school but, as in all schools, it occurs from time to time. It takes many forms and may include intimidation, being isolated and, in some cases, physical aggression and violence. It may also be linked to homophobia and racial intolerance, neither of which are tolerated.

We encourage children to tell a teacher or another member of staff as soon as possible if they are being bullied or they know someone who is. This aspect of discipline is covered fully in the school's anti-bullying policy.

Children learn how to recognise bullying and what to do if you think you or a friend are being bullied through the STOP acronym:



## **Fighting**

Fighting is not tolerated at the school and is obviously treated very seriously on the rare occasions when it does occur. The school has a policy on positive handling including restraining pupils that is followed by staff when such situations occur. A formal record is made of such incidents, in order to identify those children who may be involved more regularly than others and also focus on the reasons why fights begin. This helps staff to counsel children to look at ways in which they might avoid fights happening again.

Because it takes two to fight, children are encouraged to walk away and tell a member of staff if a fight may be about to happen. They are encouraged to realise that hitting back will only make the problem worse.

Severe assaults on other children or staff would normally lead to permanent exclusion, unless there were extenuating circumstances. [Such incidents must be reported to the senior member of staff on duty].

## **Drugs**

In the event of drugs being brought into the school by pupils and taken by pupils the child involved would be immediately sent to the Headteacher and, after being interviewed with another member of staff present, excluded. The matter would then be reported both to the parents or carers and to the police.

## **Exclusion**

The school endeavours to avoid both fixed term and permanent exclusions. However, if the school has put the correct support in place, there will be an interview with parents or carers where the possibility of exclusion will be discussed and may soon after be implemented. For drug (and possibly alcohol and smoking) abuse and for extreme physical assault, permanent exclusion will be used unless there are extenuating circumstances, for example if drugs are freely used in the home environment by the parents or carers, or a fight is the result of verbal bullying.

## **Monitoring**

This policy is reviewed by the Governing Body as necessary or as a minimum every two years.

## **Staff Guidance and Training**

INSET training is given, as required, to newly-appointed staff and as changes are made by legislation to all the staff. Behaviour is also regularly an item at full staff meetings that involve teachers and support staff. Where there are particular problems, guidance is given to a teacher and support staff by the SENCO and in more difficult cases by the educational psychologist attached to the school.

**Roles and Responsibilities**

Every adult that works within Widewell, whether employed or voluntary is required to conduct themselves in keeping with this policy. It is the responsibility of all adults in the school to model the behaviours described and ensure that they are supporting the promotion of positive behaviour. New staff, visitors and volunteers will be expected to read the policy and training will be given to enable them to understand the principles upon which the practice is based.



Appendix A  
Behaviour Support Plan

Behaviour Support Plan				
Name:	Date of birth:	Class:	SEND Stage:	
Medical/ SEND needs:				
Plan written by:				
Date plan started:	Review 1	Review 2	Review 3	Review 4
Staff working with pupil:				
Agencies involved:				
Intended outcomes of behaviour support plan:				
1. . 2. . 3.				
What are child's strengths?		Child's views:		
What are known triggers?				
Provision in place:				

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Supportive intervention and de-escalation strategies		
Colour	What this looks like for XXXX:	What strategies we will try:
Green- calm		
Amber- anxious		
Red- dysregulated/ angry		
Agreed strategies to use to help repair after a rupture:		
<b>Agreement:</b> Parent name Parent signature Date		Staff name Staff signature Date

## Appendix B

### PACE approach

# P A C E

PACE stands for Playfulness, Acceptance, Curiosity and Empathy.

It is an approach that was developed by clinical psychologist, Dr. Dan Hughes, as a way to support adults in building connections with children and young people, thereby providing children and young people with a safe space in which to open up and communicate. Children and young people often communicate their emotions through their behaviour and this approach helps them learn to verbalise their emotions.

The PACE model outlines four key principles for adults to use to connect with children and young people. Although these principles are based on how parents connect with young infants, they offer a way of thinking, feeling, communicating and behaving that can help all children and young people feel safe. Once children and young people feel heard and understood, they are more likely to be able to see situations from another perspective and work to find more acceptable ways of expressing their thoughts and feelings.



**Playfulness** involves adults interacting with children and young people in a light-hearted and reassuring manner. In a playful moment, an adult communicates interest in a child/young person and learns more about his/her world. The adult's open, calm and engaged attitude allows the child/young person to relax and become less defensive and more reflective.



**Acceptance** refers to adults unconditionally accepting the inner thoughts, feelings and struggles that are behind children and young people's behaviour.

A child/young person is therefore encouraged to express his/her inner world without fear of judgement or evaluation. This unconditional acceptance on the part of the adult is critical in creating a feeling of safety and security for the child/young person. By normalising emotions and providing affirmations, the adult supports the child/young person in being open about his/her inner turmoil. The adult communicates understanding of the motives for behaviour and accepts the child/young person's right to show his/her emotion, but helps him/her understand that certain behaviours are still unacceptable.



**Curiosity** involves adults supporting children and young people to become more self-aware by learning to reflect on the reasons underlying their behaviour. When adults are curious, they are interested in understanding what has happened to, rather than what is wrong with, children or young people. When an adult shows genuine curiosity and a real willingness to understand the meaning behind a child/young person's behaviour, it helps the child/young person to open up about personal thoughts and feelings without fear of being judged. The child/young person is then more likely to open up and stay engaged in conversations that support the development of a deeper understanding of how his/her thoughts and feelings influence his/her behaviour.



**Empathy** involves adults showing compassion, communicating that children and young people's inner worlds are important to them, and that they are available if the children or young people are finding things tough. It involves an adult being present in the moment so as to understand and experience things alongside the child/young person.

You can find further information on the web [ddpnetwork.org](http://ddpnetwork.org) or [danielhughes.org](http://danielhughes.org)

## Appendix C

Suggested sentence starters for discussions around behaviour:

- I can see you are...(describe feeling or action
- I'm wondering if you...
- It's okay to feel... but it's not okay to...
- Remember our rule about (kind/safe/ready etc)
- I know you can be (kind/safe/ready) remember (yesterday/this morning) you were (kind/safe/ready)
- Thank you for (reinforce behaviour)