

Relationships Policy

Policy Authorised:

Authorisation Date	By	Version

Review Date	Changes Made	Next Review

Rationale

At Carville Primary School, relationships are key to our vision and values.

Carville Primary School to be at the heart of the community, enabling everybody in our Carville Family to belong, support, develop and care for each other and enjoy learning together.

This policy encompasses and reflects the school's approach to the following:

- Behaviour
- Anti-Bullying and Peer on Peer Abuse
- Relationships and Health Education
- Social and Emotional Mental Health
- Curriculum
- Positive Handling (and Physical Restraint)

Statutory information regarding Relationships and Health Education (including Sex Education) can be found in the school's RHE and PSHE policies.

We recognise everyone needs to feel safe and cared for and enjoy a sense of belonging. We believe that school plays a vital role in developing relationships and a sense of belonging in children. As such, we aspire to a learning environment, with respect, inclusion and compassion at the core of all that we do. We recognise that behaviour is often a form of communication and the expression of underlying needs and that it is not possible to support a child's behaviour without addressing these needs. Relational, regulatory and restorative approaches are more effective in supporting internal control and regulation – not all behaviours are a matter of choice and therefore external control will not be effective in changing behaviour.

We understand punitive approaches and exclusion may re-traumatise children and further embed the behaviours causing concern. Theory and research on attachment, neuroscience and adverse childhood experiences advocate the use of relational and restorative approaches rather than those that are behaviourist and punitive. Children need personalised responses to supporting their personal development and well-being. Consistency does not mean always responding in the same way to each child or behaviour, it means responding in a way that is consistent with our values and beliefs. Whilst each individual child benefits from a consistent approach, being consistent and fair is not about everyone getting the same, but everyone getting what they need.

Central to the delivery of our vision is the promise shared by all members of our school community:

Our Carville Promise

May our school be welcoming,
May our school be encouraging,
May our friendships be never-ending,
May we be kind and helpful to each other,
May we respect all those we meet in our day,
May we be proud of our achievements,
May we learn as much as we can,
May we be patient and never give up.
Thank you for our Carville family.

Rights and Responsibilities

At Carville Primary School, we believe in the need to have a shared understanding of our rights, roles and responsibilities. A shared understanding and ownership is best achieved by working with children to agree expectations, rules and boundaries to create a harmonious environment where there are positive relationships, children feel safe, included and able to learn.

We believe that children benefit from clear boundaries and expectations which are meaningful, clearly communicated and regularly discussed. Children need to be able to trust that when agreements are broken, there are processes in place to repair harm, ensure those that are harmed feel safe and able to learn and to support those who have broken agreements to ensure there are no ongoing difficulties.

At Carville we believe in the following non-negotiable rights

All Children
have the
right to feel
safe

All children
have the
right to be
respected

All children
have the
right to
learn

We aim to promote in children a sense of responsibility and accountability for their own actions and their impact on others. This is achieved by active involvement of everyone in

school with decisions about their lives and a willingness by staff to create opportunities for change.

Bullying

We have a zero-tolerance approach to bullying at Carville. All staff, parents/families and pupils are taught to understand what bullying is, how we prevent bullying in school and how incidents are dealt with. Any concerns raised about bullying are treated seriously and investigated fully, with all those affected being treated fairly, being heard and given the right to respond.

All parties involved are supported to ensure incidents are dealt with fairly, quickly and decisively, not repeated and work undertaken to change patterns of bullying behaviour – see Appendix A.

Teaching and Learning

We acknowledge that teaching and learning are inextricably linked to the promotion of positive behaviour. Whilst our policy provides external motivation for children in the shape of tangible rewards, we believe that it is essential to encourage intrinsic motivation in terms of their desire to learn and to achieve.

We support this by:

- Specifically teaching about relationships
- making learning real and relevant with links to what children already know and clarifying the purpose of the learning: 'We need to know about this because ...'
- Sharing and/or agreeing success criteria (for both learning and learning behaviour) with the children and involving them actively in deciding whether they have been successful in meeting these
- providing challenge and expecting the most from children whilst making sure that all children can experience success
- helping children self-assess and comment on each other's work
- staff reflecting critically on their own practices and making changes to support the needs of all pupils, e.g. adaptations to environment, teaching style, curriculum, etc.

We need to provide an environment in the classroom where children feel that they are valued. This means that their ideas will be valued, that they can take risks in their learning, mistakes are valued as steps in learning, that they will not be belittled or hurt by others in the classroom and that they know what will be asked of them and when.

We do this by:

- listening to children's ideas and showing that we take them seriously

- creating a classroom climate where children expect to work together and help each other
- creating a climate in which all children feel able to make mistakes and take risks, for example
- providing feedback on learning which helps everyone in the class to understand that wrong answers are just as important as correct ones, because learning begins with the ability to make mistakes and say 'I do not know'
- establishing clear routines and timetables so that children know exactly what to expect each day
- Regularly praising expected behaviour

Our expectations of children's behaviour need to be continually reinforced. We communicate our expectations through:

- continual discussion of expected behaviours for learning (for example, agreeing shared success criteria for behaviour in a group speaking and listening task)
- specific praise for children who always show expected behaviour: "catching children being good," noticing when they are showing the expected behaviours and making sure that they understand why we are pleased
- using techniques such as 'proximity praise' to reinforce expected behaviours and alter negative behaviours
- visual displays about the behaviour expected (posters, photographs of children in the class demonstrating the desired behaviours)
- role-playing scenarios
- cues and prompts to keep children continually aware of what is expected of them throughout different activities within a lesson.

In addition, class teachers have a responsibility to ensure that routines in classrooms give a structure to activities, are clear to children and that they are consistently applied.

Relationships and Health Education

The DfE defines Relationships and Health Education as 'The teaching of the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults'.

It focuses on relationships, friendships, family life, marriage, communication, safety, respect, trust and caring for others. Details about life cycles and reproduction are included and are generally addressed in the Science curriculum. In addition, children will learn about the importance of mental and physical health.

Our Relationships and Health Education curriculum aims to:-

- nurture a responsible attitude towards personal relationships and friendships including aspects of mutual respect, trust and care

- develop sensitivity towards the needs of others,
- teach the children about the importance of family life
- teach the children about the physical development of their bodies as they grow into adults
- provide knowledge about life cycles of living things including humans
- encourage exploration of values and moral issues taking into account physical and moral risks associated with certain behaviour
- educate against discrimination and prejudice
- empower children to make choices about their safety and wellbeing and to recognise their responsibility for their actions

At Carville, Relationships and Health Education is taught from Early Years to Year 6 and is delivered in the context of the school's aims and values. In particular, we teach RHE in the belief that:

- it should be taught in the context of respectful, loving, secure and stable family life;
- it is part of a wider social, personal, spiritual and moral education process;
- children should be taught to have respect for their own bodies;
- children should learn about their responsibilities to others, including the understanding that some relationships look different and that's ok as long as they are loving, caring and respectful
- it is important to build positive relationships with others, involving trust and respect;

Further information about Carville's RHE curriculum and content (including sex education) can be found in the appendices.

Supporting Inclusion

Our aim is to be proactive in helping children to regulate their emotions and de-escalate situations in a supportive manner. We use a range of strategies to support all pupils:

- Clear and concise expectations of behaviour which are described, modelled and encouraged to ensure that all children understand what is expected
- unconditional positive regard for pupils, which is achieved through the PACE approach (Playful, Acceptance, Curiosity, Empathy)
- Understanding specific triggers for vulnerable children and managing and supporting them before, during and after these triggers
- Verbal and written praise is given from the class teacher or other adult in school linking with our school values
- Achievements are celebrated and shared. Teachers share information about a child's behaviour as appropriate, with parents/carers – either by the phone, face-to-face or through electronic reward badges
- Our curriculum is designed so that children can learn to understand others and know how to empathise with others

Through our training we understand that all behaviour is communication and consider what the child is trying to communicate, rather than focusing on the behaviour. We realise that sometimes this can be different for every child and so we may need to address each individual case differently.

The following strategies are available should children require further support:

- Developmentally appropriate Thrive whole class strategies
- Mental Health First Aid strategies
- Behaviour support plans and risk assessments
- Protective Interruptions - providing children with a movement break, fiddle toys, use of a calm space, or an opportunity to talk to someone (sometimes this will be pre-planned)
- Specific action planned Thrive Intervention
- The Thrive Room (used as a break and lunchtime nurture space)
- Break out spaces around school
- Specific interventions such as: Zones of Regulation, Socially Speaking and Circle of Friends
- 'Check-in' with key adults / designated staff
- Work in partnership with other external agencies, e.g. LACT, Silverdale, SALT, etc.

Children who require extra intervention may also have support plans. These plans are written and reviewed by the child's class teacher in conjunction with the SENDCo. They are reviewed termly but can be adapted any time.

Staff log incidents and actions using CPOMS and Designated Safeguarding Leads respond as appropriate. The context of the situation is always to be taken into account.

Children are supported through a difficult period by the adults in school and the situation should be viewed as a teachable moment. Children should know that they are not defined by an event or behaviour. They are allowed to make mistakes and are encouraged to learn from them. Once a situation is dealt with, it is finished and this needs to be clear to the child.

Supervision is offered for all teaching staff, and other staff, in order to provide support for their wellbeing.

The Thrive Approach

Thrive gives us a systematic approach to identifying, supporting and reviewing emotional development needs. It is a development model that recognises children's emotional capacity grows through experiences in a series of stages. As they develop, their experiences and circumstances shape their development. Issues arise when development is significantly 'interrupted' at one of these stages. This results in gaps which manifest most often as

challenging behaviour patterns as the child grows up. These gaps can be filled through focused support in relationship with other people.

Vital Relational Functions (VRFs) and PACE underpins our approach to building positive relationships. All staff form relationships that are **Playful, Accepting, Curiosity and Empathetic** so that everybody feels valued and emotionally supported. When behaviour is unacceptable staff will use VRFs: attune to the child's feelings; validate their experiences; contain them to ensure they are safe; regulate/soothe to help them understand the behaviour and begin to make a change.

We commonly see children who have interrupted development that makes them unable to make an informed choice when faced with a difficulty. These children experience a feeling, that they often can't name or understand, and so behave instinctively. For these children the idea of choice and consequence is not always appropriate. Instead they will be supported to understand the physical sensations they experience, link them to a feeling or emotion and access their 'Thinking brain' to enable them to feel – think – act. This may be done on a one-to-one basis or as part of a group. **Children will still be held accountable for unacceptable behaviour.**

The Thrive approach will be used to identify pupils whose emotional development may make them susceptible to committing or being the victim of bullying behaviour. Through Thrive Online, action plans will be created to provide specific support for these children in order to develop their emotional management systems. This will decrease the likelihood that they will be involved in bullying behavior.

Celebrating Achievements

We believe that pupils feel the greatest sense of achievement through intrinsic rewards where they are self-motivated and feel a sense of pride. We also recognise the importance of praise and the positive effect it has on children's self-esteem, confidence and motivation. At Carville, successes are celebrated in many ways and rewards are directly linked to our Carville Promise. Rewards include:-

- Weekly Certificates linked to the Carville Promise shared in whole school assemblies
- Classroom displays – 'Going for Gold'
- Verbal and written praise
- Postcards and digital Sonar Awards sent home
- Invitation to the Headteacher's Golden Tea-Party
- Class DoJo points linked to school expectations and the Carville Promise
- Regular opportunities to 'cash-in' earned DoJo points for rewards
- Awards from lunchtime and breakfast club supervisors
- Personalised reward systems for children with additional needs

Behaviour Displays and DoJo Points

Each classroom has a Going for Gold behaviour display consisting of a green, silver and gold element. Children's names are placed onto the chart at green when they achieve the basic expectations and can be moved up to silver and gold for exceeding expectations in behaviour. Those children not quite meeting expectations will be omitted from the chart until appropriate. Where children need reminding of behaviour expectations yellow and/or red cards will be given to them.

Teachers will check the wall chart twice a day (lunchtime and end of the day) and allocate DoJo points to children on the chart. DoJo points are weights. All children who have achieved green can earn 5 DoJo points. Those on Silver earn 7 DoJo points and those on Gold earn 10 DoJo points. In addition, children can earn individual DoJo points throughout the day linked to the Carville Promise. Lunchtime supervisors can give out sticker rewards for children demonstrating good behaviour. These stickers can be translated into DoJo points

Restorative Practice

At Carville, we believe in a restorative approach to supporting pupils and maintaining positive relationships.

We believe in a 'no blame and no shame' approach that focusses on supporting pupils and adopts a positive stance in which energy is directed towards finding satisfactory ways forward rather than focusing on what is going wrong in a situation. This is achieved through a combination of our curriculum, the Thrive and PACE approach and restorative practice.

Our policy is not primarily concerned with rule enforcement and instead focuses on the school's core values. It is a tool used to promote safe and healthy relationships, so that people can work together with the common purpose of helping everyone learn, feel safe and be respected.

We believe that systems of punishment create a culture of shame, which often leads to further unsafe behaviours. The restorative approach is not about correcting an individual behaviour, but supporting children to learn to cope with their feelings and self-regulate their emotions to ultimately change a pattern of behaviour.

Restorative approaches are based on four key features:

RESPECT – for everyone by listening to other opinions and learning to value them.

RESPONSIBILITY - taking responsibility for your own actions.

REPAIR – developing the skills within our school community so that its individual members have the necessary skills to identify solutions that repair harm and ensure behaviours are not repeated.

RE-INTEGRATION - working through a structured, supportive process that aims to solve the problem and allows young people to remain in mainstream education.

We use restorative approaches to encourage everyone to take responsibility for their own actions. All staff have been trained in restorative approaches and apply them to resolving situations in the school. Staff understand – and we encourage parents to use this approach too – the importance of coaching children to understand, regulate and reflect on their behaviour. Using interventions such as ‘Zones of Regulation’, help us to:-

- Be aware of children’s emotions in the moment
- Recognise emotions, feelings and behaviours as an opportunity for connection or teaching
- Help the child label their emotions
- Communicate empathy and understanding
- Set limits and problem solve

Restorative conversations will only be successful when children are calm and ready to talk.

Traditional	Restorative
What did you do? Why did you do it?	What do you think has happened?
Who is to blame?	Who has been harmed and why?
How should we punish them?	What needs to happen to put things right and ensure this does not happen again?

When using restorative questioning the following questions may be used, and will always be asked in a quiet and appropriate area of the learning space by the relevant adult. Questions will be first asked to the person who has been harmed and then to the harmer.

- Tell me what you think happened.
- How did you feel? How do you feel now?
- I’m wondering if you’re feeling... ?
- What were you thinking? And now?
- Who else has been affected and how?
- What could you do now to help fix this?

Incident narratives may help with restorative conversations and can be found in the appendix.

If incidents are sustained or reoccur a restorative conference may need to take place with all the appropriate affected people. Any consequences are linked directly to the incident and will be agreed between all participants involved.

Feedback to parents may be given when a child has been harmed. Staff use their professional judgement as to whether the parent of the harmer should be informed of the

incident. It is made clear to the parent that the situation has been dealt with in a restorative manner and all parties involved should leave feeling the situation has been resolved.

Behaviour Consequences

At Carville, we do not use consequences that are punitive or use sanctions where the aim is to bring about shame, guilt or impose authority or harm as this can be damaging and bring about the exact behavior we are encouraging children to avoid. The majority of children's behaviors are managed by the class teacher and additional adults supporting teaching and learning. Where senior leaders need to be informed of challenging behaviour, this is done discretely in a manner that does not humiliate or shame the child. Instead, we focus on natural and logical consequences, which are supportive and involve children.

Natural consequences are those that happen automatically without anyone taking action. Natural consequences enable children to make mistakes, learn for themselves and promote choice and self-control. For example, if you break something, you will no longer be able to use it or if you refuse to wear a coat, you will probably be cold.

Logical consequences may be used where adult intervention is necessary. Any consequences that are initiated by an adult are explained in a non-threatening manner and are linked directly to the incident. Adults have private conversations with pupils about what can be done to put things right and take suggestions from the child about what will happen next. These conversations will only happen once a child is calm and able to rationalise, which may not be immediately after the incident. (See Appendix for examples). In certain circumstances this may mean spending time with another adult or a member of SLT to reflect on what has happened.

Positive Handling

At Carville, we recognise that safe touch plays an important part in interacting with children and promoting healthy emotional development. Brief contact (arm around shoulder, touch of the hand, etc.) provides reassurance and containment for children, helping them to manage feelings and regulate emotions.

There may be situations where physical contact may be necessary in order to stop a child from hurting themselves, hurting others or willfully causing damage to property. Where ever possible, staff will use non-contact interventions to diffuse and de-escalate potential difficult situations. Where positive handling is applied, it is done so in accordance with our positive handling policy, discussed with parents and carers, and recorded.

Exclusions

It is Carville's aim that school support will have a positive effect on pupil behaviour and emotional regulation. However, the school does and will exclude pupils for persistent abusive or violent behaviour and escalating disruptive low-level behaviour if necessary. It is our ethos that we will make every provision for a child to achieve socially and emotionally but if, in spite of this, behaviours are unsafe, violent or prevent the education and safety of others, fixed term or permanent exclusions may be applied. We follow the DfE guidance on this and report any exclusions to the local authority.

Conduct outside of school

This policy applies equally to incidents occurring outside of school where people are placed at risk, the smooth running of the school is compromised or the reputation of the school is affected.

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Appendices

- A) Approach to Bullying
- B) Relational Approach
- C) The RHE Curriculum
- D) PACE
- E) Zones of Regulation
- F) Examples of logical consequences
- G) Incident Narrative
- H) Strategies for managing challenging behaviours

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Appendix A) Approach to Bullying

Is it bullying?

It is if individuals or groups of pupils engage in behaviour that is:

- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, for example because of race, religion, sex, gender or sexual orientation

It takes many forms and can include:

- name calling
- verbally or physically threatening behaviour
- pressuring children to give someone money or possessions
- physical attack
- behaviour that affects a child emotionally
- damaging another child's possessions
- spreading rumours about a child or their family
- teasing
- deliberately excluding someone
- cyberbullying – bullying via mobile phone or online (e.g. social networks, DM, SMS, etc.)

Bullying can be based on any of the following things:

- Race (racist bullying)
- Religion or belief
- Culture or class
- Gender / Sex (sexist bullying)
- Sexual orientation (homophobic or biphobic bullying)
- Gender identity (transphobic)
- Special Educational Needs or Disability (SEND)
- Appearance or health conditions
- Related to home or other personal situation
- Related to another vulnerable group of people (such as refugees, asylum seekers or young carers)

Reporting Bullying

People who are being bullied: if a pupil is being bullied they are encouraged not to retaliate but to tell someone they trust about it such as a friend, family member or trusted adult.

They are also encouraged to report any bullying incidents in school:

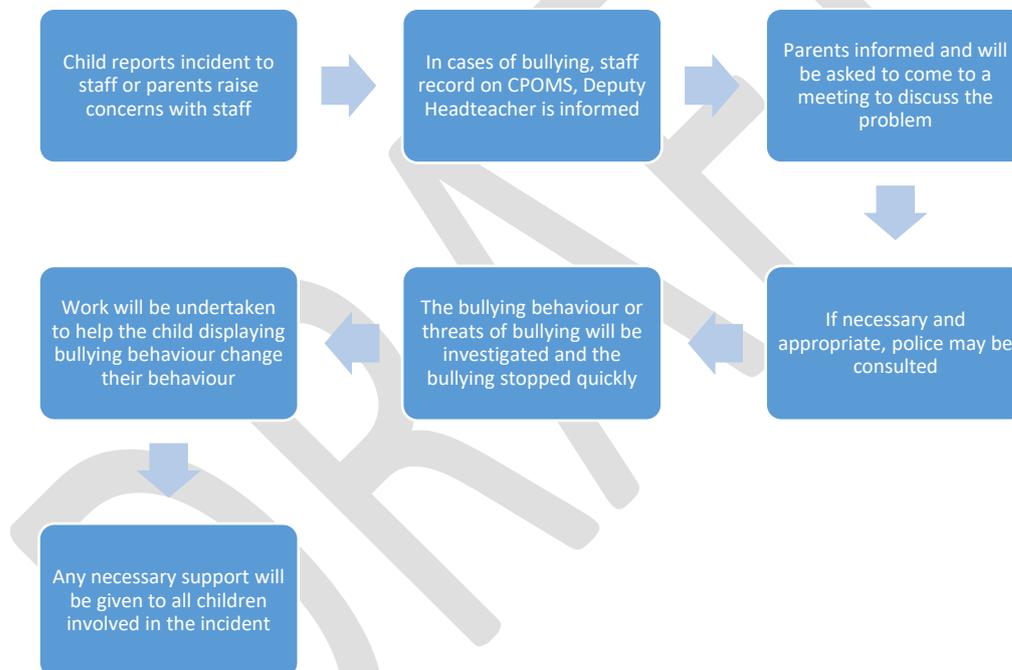
- Report the bullying to their class teacher or any other teacher
- Tell a playground buddy, who in turn can help them tell a member of staff on duty

- Tell any adult staff in school – including lunchtime supervisors, teaching assistants and office staff
- Tell an adult at home
- Call childline to speak to someone with confidence on 0800 1111

Responding to bullying

The school will undertake a series of actions to help ensure that children are safe to learn. These include but are not limited to:-

- RHE lessons delivered at least weekly to promote positive and healthy relationships
- Thrive screening to identify children whose development may make them vulnerable to being the instigator or victim of bullying behavior
- Restorative conversations and practice
- Following the agreed procedures below for dealing with incidents of bullying



When recording incidents of bullying on CPOMS, staff will record the following information:-

- Name(s) of children involved in the incident, including children displaying bullying behaviour, those affected by the behaviour and those who may have witnessed it.
- Date, time and location of incident
- Nature of the incident
- Any action taken

After incidents have been investigated and dealt with each child will be monitored by the class teacher to ensure repeated bullying behaviours do not take place.

Appendix B) The Relational Approach

Developing Relationships	
Building Relationships	Developing safety, security and trust through protection
Supporting Inclusion	Facilitating access to learning, ensuring social inclusion and developing individual skills.
Setting Boundaries	Reaching Agreements and building a shared understanding of expectations. Establishing clear processes for resolving difficulties
Responding and Calming	
Keeping Calm	Using everyday interactions to maintain relationships and agreements and promote a calm and supportive learning environment
Regulating Emotions	Using key relational skills to regulate strong emotions and calm behaviour
Managing Crisis	Having clear plans to ensure safety and support
Repairing and Restoring	
Resolving Conflict	Everyday restorative interactions to resolve minor conflict and disagreement and create a shared understanding
Repairing harm	Restorative encounters to discuss the breaking of agreements, the impact (consequences) on others and to restore relationships
Supporting Change	What additional support / action is needed?

Appendix C) Relationships and Health Education

Organisation of the Curriculum

Our RHE curriculum is tailored to meet the needs of our children and was developed in consultation with parents, children and staff through questionnaires and surveys, focus groups and staff meetings. Parents are regularly provided with the following information:-

- The content of the relationships, sex and health curriculum
- The delivery of the relationships, sex and health curriculum, including what is taught in each year group
- The legalities surrounding withdrawing their child from the subjects
- The resources that will be used to support the curriculum

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum. Parents are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

Curriculum Overview

Families and people who care for me

By the end of primary school, pupils will know:

- That families are important for them growing up because they can give love, security and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

By the end of primary school, pupils will know:

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.

- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise who to trust and who not to trust.
- How to judge when a friendship is making them feel unhappy or uncomfortable.
- How to manage conflict.
- How to manage different situations and how to seek help from others if needed.

Respectful relationships

By the end of primary school, pupils will know:

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices, or have different preferences or beliefs.
- Which practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
- What a stereotype is, and how they can be unfair, negative or destructive.
- The importance of permission-seeking (including consent) and giving in relationships with friends, peers and adults.

Online relationships

By the end of primary school, pupils will know:

- That people sometimes behave differently online, including pretending to be someone they are not.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.
- The rules and principles for keeping safe online.
- How to recognise harmful content and contact online, and how to report these.
- How to critically consider their online friendships and sources of information.
- The risks associated with people they have never met.
- How information and data is shared and used online.

Being safe

By the end of primary school, pupils will know:

- What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.
- About the concept of privacy and the implications of it for both children and adults.
- That it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter, including online, who they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves and others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence needed to do so.
- Where to seek advice, for example, from their family, their school and other sources.

Mental wellbeing

By the end of primary school pupils will know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness.
- The scale of emotions that humans experience in response to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving are appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.
- How isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult.
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support (including recognising the triggers for seeking support), extending to who in school they should speak to if they are worried about themselves or others.
- That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Internet safety and harms

By the end of primary school, pupils will know:

- That for most people, the internet is an integral part of life and has many benefits.

- About the benefits of rationing time spent online.
- The risks of excessive time spent on electronic devices.
- The impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others.
- How to recognise and display respectful behaviour online.
- The importance of keeping personal information private.
- Why some social media, some computer games and online gaming are age-restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- How to be a discerning consumer of information online, including understanding that information, inclusive of that from search engines, is ranked, selected and targeted.
- Where and how to report concerns and get support with issues online.

Physical health and fitness

By the end of primary school, pupils will know:

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle, including obesity.
- How and when to seek support, including which adults to speak to in school, if they are worried about their health.

Healthy eating

By the end of primary school, pupils will know:

- What constitutes a healthy diet, including an understanding of calories and other nutritional content.
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health.

Drugs, alcohol and tobacco

By the end of primary school, pupils will know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Health and prevention

By the end of primary school, pupils will know:

- How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.
- About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.

- The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn.
- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing.
- The facts and science relating to immunisation and vaccination.

Basic first aid

By the end of primary school, pupils will know:

- How to make a clear and efficient call to emergency services if necessary.
- Concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Changing adolescent body

By the end of primary school, pupils will know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- About menstrual wellbeing and key facts relating to the menstrual cycle.

Sex Education

All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.

At Carville, we deliver a sex education programme that goes beyond what is required in the science curriculum in Year 6 only. Parents are fully consulted in the organisation and delivery of our sex education curriculum and have the opportunity on what should be taught in lessons. The age and development of each cohort of children is always considered when delivering sex education lessons.

Relationships and health education are statutory at primary and ***parents do not have the right to withdraw their child from the subjects.***

As sex education is not statutory at primary level, other than what must be taught as part of the science curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum. The headteacher will discuss the request with the parent and, if appropriate, their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

Where a pupil is withdrawn from sex education, the headteacher will ensure that the pupil receives appropriate alternative education.

Appendix D) PACE

Playfulness This is about creating an atmosphere of lightness and interest when communicating. It means learning how to use a light tone, rather than an irritated or lecturing tone. It's about having fun and nobody feeling judged or criticised. Having a playful stance isn't about being funny all the time or making jokes when a child is sad, it is about helping children be more open to and experience what is positive in their life. Playfulness allows children to cope with positive feelings. If a child can discover their own sense of humour, this can help them wonder a little more about their life and why they behave a certain way. When children laugh, they become less defensive or withdrawn and more reflective. A playful stance adds elements of fun and enjoyment in day-to-day life and can also diffuse a difficult or tense situation. The child is less likely to respond with anger and defensiveness when the adult has a touch of playfulness in their communication.

Acceptance Unconditional acceptance is at the core of the child's sense of safety. Acceptance is about actively communicating to the child that you accept the feelings and emotions but not the unwanted behaviour. It is about accepting, without judgment or evaluation. Accepting the child's intentions does not imply accepting behaviour, which may be hurtful or harmful to another person or to self. You can be very firm in limiting behaviour while at the same time accepting the motives for the behaviour. One hopes that the child learns that while behaviour may be criticised and limited, this is not the same as criticising the child's self.

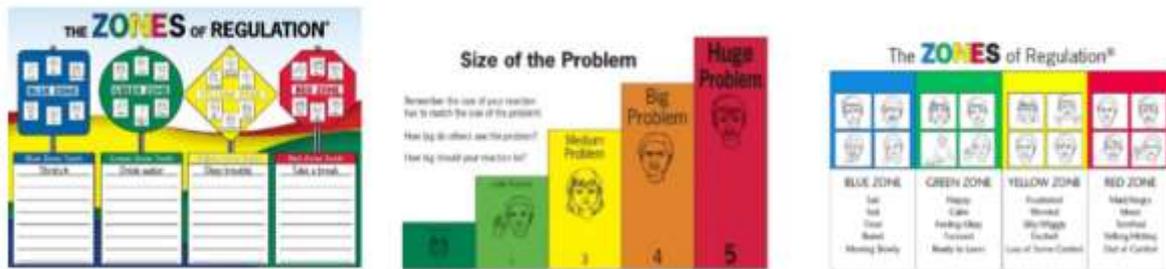
Curiosity Curiosity, without judgment, is how we help children reflect upon the reasons for their behaviour, and then communicate it. Curiosity is wondering about the meaning behind the behaviour for the child.. With curiosity the adults are conveying their intention to simply understand why a nd to help the child with understanding their own behaviour. Curiosity involves a quiet, accepting tone that conveys a simple desire to understand the child: "What do you think was going on? What do you think that was about?" or "I wonder what...?" This is different from asking the child, "Why did you do that?" Curiosity must be communicated without annoyance about the behaviour. Being curious can include an attitude of feeling sad rather than angry when the child makes a mistake. A light curious tone and stance can get through to a child in a way that anger cannot. As the child communicates their feelings with an adult and reflects on what has happened, they become more aware of the effects of their behaviour on themselves and others. This can lead to feelings of remorse and guilt, which in turn leads to a reduction in the occurrence of unsafe behaviours.

Empathy Empathy lets the child feel the adult's compassion for them. Being empathic means actively showing the child that they are important to the adult and they want to support the child through their hard times. With empathy, when the child is sad or in distress the adult is feeling it with them and lets the child know that. The adult is demonstrating that they know how difficult an experience is for the child and they will not have to deal with the distress alone.

The impact of PACE PACE focuses on the whole child, not simply the behaviour. It helps children be more secure with the adults and reflect upon themselves, their thoughts and their feelings. For adults, using PACE most of the time, they can reduce the level of conflict, defensiveness and withdrawal that tends to be ever present in the lives of children who have experienced trauma. Using PACE enables the adult to see the strengths and positives that lie underneath behaviours that are less safe and more challenging to others.

Appendix E) Zones of Regulation

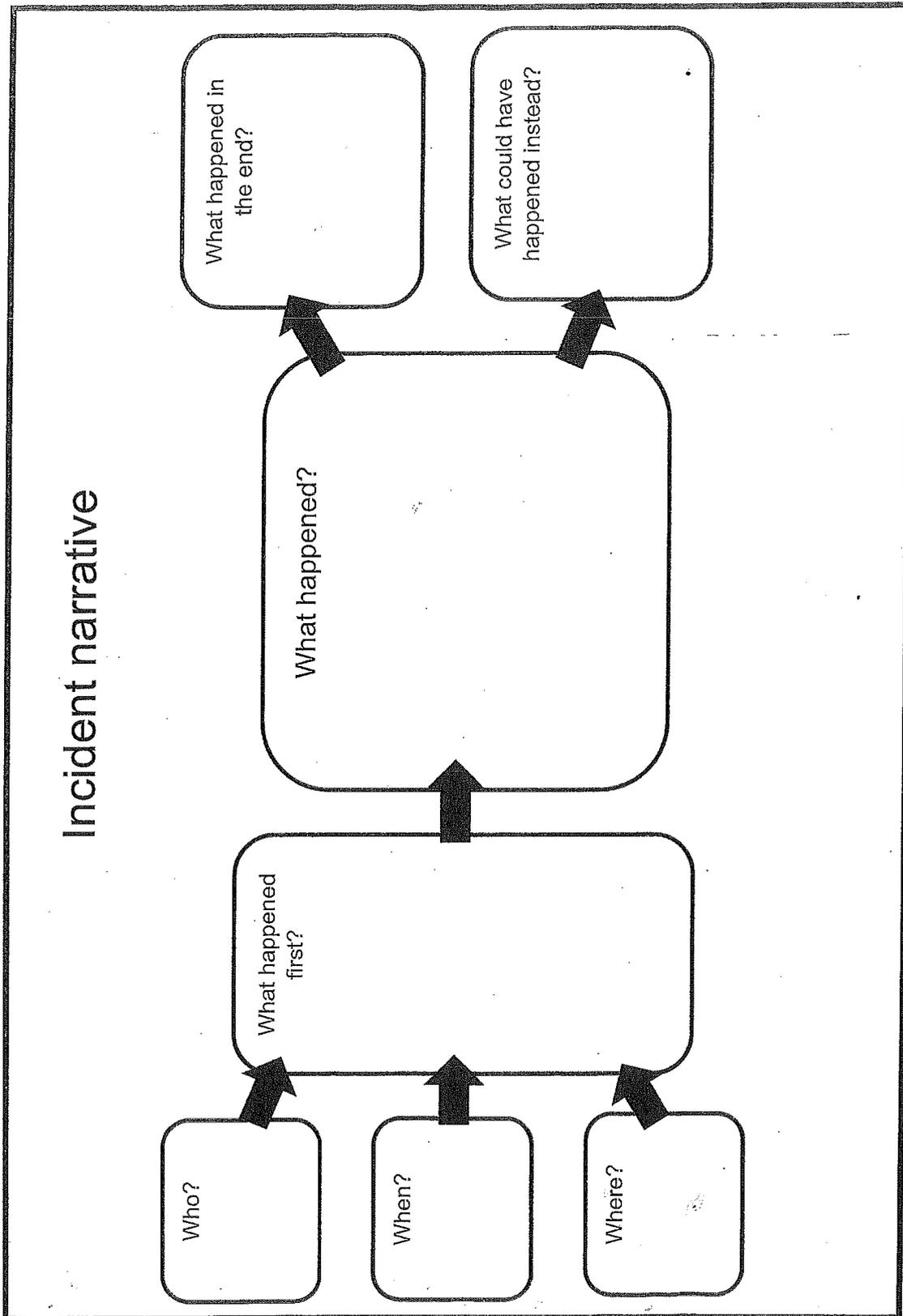
A regulation station is a base within the classroom/area of school that children can access when they become overwhelmed and dysregulated, to help them to calm. The station should contain resources and materials to support the pupils to identify and describe their feelings – emotion scales/faces and writing materials, as well as resources for calming e.g. colouring, creative activities, sensory tools. The children can access these areas independently, or with someone else for support. Use of the station should help raise awareness of the need to self-regulate and promote the development of independence in identifying and using coping strategies.



Appendix F) Examples of logical consequences

Incidence	Possible Conversations	Possible Logical Consequences
Deliberately hurting another child during football	<ul style="list-style-type: none"> - What happened? - Who has been harmed? - How can we put this right? - How do you think they feel? - What could you have done instead? 	<ul style="list-style-type: none"> - Have a restorative conversation in their own time about the incident in own time to reflect on what happened - Spend remaining break time inside to calm down/discuss - Apologise - Not play football next break time
Disrupting learning for others and not doing their own work	<ul style="list-style-type: none"> - When we shout out, we stop others from learning - Are you finding something tricky? How can I help? - Would you be able to concentrate more in this quiet area on your own? 	<ul style="list-style-type: none"> - Finish work in own time - Conversation at break time about impact on other pupils - Work in a quiet space away from others
Making a mess	<ul style="list-style-type: none"> -When we make a mess, it takes a long time to clean up - This area will need to be tidy before we can start the next activity 	<ul style="list-style-type: none"> - Tidy up at break time - Unable to join in next activity until area is tidy

Appendix G) Incident Narrative



Appendix H) Examples of managing challenging behaviour

Challenging Behaviour	Strategies
Biting	<ul style="list-style-type: none"> - Distraction. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Staff to observe closely to identify triggers. - Withdrawal to a reflection area/calm chair if unable to manage own behaviour. - Staff to hold if child or others at risk of harm or if risk to damage to property.
Hitting, kicking, punching and slapping.	<ul style="list-style-type: none"> - Distraction. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Use of humour to de-escalate. - Withdrawal to a reflection area/calm chair if unable to manage own behaviour. - Staff to hold if child or others at risk of harm or if risk to damage to property.
Withdrawing under furniture.	<ul style="list-style-type: none"> - Staff to closely supervise and give regular reminders to behave safely in the class room. - Keep class room area as clear as possible. - Educate about personal safety. - Distraction. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Withdrawal to a reflection area/calm chair if unable to manage own behaviour.
Screaming.	<ul style="list-style-type: none"> - Use of 5 point scale to set volume expectations in class. - Offer use of ear defenders for sensitivity to noise. - Withdrawal to a reflection area/calm chair if unable to manage own behaviour. - Distraction. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Use of humour to de-escalate. - Give time to allow child to calm down before addressing incidents.
Throwing objects.	<ul style="list-style-type: none"> - Staff to closely supervise and give regular reminders to behave safely in the class room. - Keep class room area as clear as possible.

	<ul style="list-style-type: none"> - Withdrawal to a reflection area/calm chair if unable to manage own behaviour. - Distraction. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Use of humour to de-escalate.
Climbing in unsafe areas.	<ul style="list-style-type: none"> - Close supervision and monitoring. - Staff to be aware child will try to climb or abscond if upset or frustrated. - Staff to prevent climbing in unsafe areas. - Educate about safe behaviours. - Controlled choice instructions. - Regular reminders about expectations of appropriate play to be given. - Staff to praise appropriate play to reinforce good choices.
Spitting.	<ul style="list-style-type: none"> - Educate whole group about personal hygiene and risk of infection. - Remove from setting to an outdoor or clear area. - Give time to calm down. - Modelling of appropriate behaviours.
Putting objects in mouth.	<ul style="list-style-type: none"> - Staff to closely supervise and give regular reminders to behave safely in the class room. - Keep class room area as clear as possible. - Educate about personal safety and hygiene. - Distraction. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Consider 'Chewellery' as a replacement strategy. - Be aware of choking hazard.
Absconding.	<ul style="list-style-type: none"> - Close one to one supervision. - Secure class room. - Holds staff hand when out of class room. - Regular reminders about personal safety. - Count downs towards end of play times. - Distraction. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Use of humour. - Reassurance. - If off site, contact police, contact parent/carer, maintain visual sighting and monitor until arrival of police. - On site, maintain visual sighting and wait.

<p>Self harm.</p>	<ul style="list-style-type: none"> - Clear work and play area of items that could be used to self harm. - Close monitoring of child at all times, particularly when they are distressed. - Use Team Teach hold if child is putting themselves at significant harm, e.g. banging head off floor or walls. - Calm, non-reactive responses to child if they shows their self harming to an adult. - Distraction from action. - Reminders about good choices. - Use of rewards. - Modelling of appropriate behaviours. - Use of humour. - Reassurance. - Administer first aid if necessary. - Inform parents.
<p>Medical Needs.</p>	<ul style="list-style-type: none"> - All staff aware of risks associated with medical condition. - Key staff trained to manage and support medical crisis. - Care protocol checked by health professionals and available to all staff in case of emergency. - Clear checklist available to all who require it to follow in case of medical emergency. - Medication in locked cabinets. - Medication checked regularly to be in date.

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