

Learning is fun at

Park Hill Infants' School



Self Regulation -Promoting Positive Behaviour Policy

(To be read in conjunction with our policies on Positive Handling, Anti-Bullying,
Equalities, Medical Conditions and First Aid).

November 2021

Reivew date: November 2024

Version Control

Version	Date	Notes	Updated by
1	January 2018		
1.1	May 2020	Name changed from 'Behaviour and Discipline Policy' to 'Promoting Positive Behaviour Policy' Policy reviewed Approved at 6 July 2020 FGB	Jane Charman and Natasha Parry
1.2	May 2021	Name of policy changed Self regulation and Co-regulation section added Amendments / adaptations made in consequences section	Leigh McGuinness
1.3	September 2021	Amendments / adaptations made in consequences section	Laura Newell
1.4	October 2021	Amendment – 'fixed-term exclusions' phrase changed to 'suspensions' Update of DfE Guidance documents and updates	Stephanie Croucher
1.5	November 2021	Reviewed at FGB 15.11.21	FGB

Introduction

This policy addresses both the promotion of self regulation and positive behaviour, in accordance with our school's general aims and ethos, and also our policy on rewards and consequences with regard to pupils' behaviour. It also contains our policy on suspensions and permanent exclusions.

We regard it to be a highly important aspect of children's education and development that they learn to behave respectfully towards others and towards the community in which they live. Positive behaviour underpins effective learning. The ability to self-regulate emotions supports positive behaviour, supporting children to develop personal and social skills in order to live fulfilling and rewarding lives as adults.

Behaviour which, in any way, disrupts learning, is unacceptable in our school, and, through the constant promotion of positive behaviour, linked to our School Values, (Honesty, Kindness, Courage, Respect, Positivity), we seek to minimise, if not eliminate any such behaviour. Alongside this policy, we are an inclusive school and endeavour to meet the needs of all children, including those with social, emotional and mental health difficulties.

Aims and objectives

It is a primary aim of our school that every member of the school community feels valued and respected, and that each person is treated fairly and well. We are a caring community, built on a climate of mutual trust and respect for all. The school's behaviour policy is therefore intended to support all members of our school community in living and working together in a mutually beneficial way. It aims to promote an environment in which everyone feels happy, safe, secure and respected.

The school promotes good relationships, so that people can work together with the common purpose of helping everyone to learn and thrive.

The school expects every member of the school community to behave in a considerate and respectful way towards others.

We aim to treat all children fairly and to apply this behaviour policy consistently.

This policy aims to help children grow in a safe and secure environment, and to become positive, responsible and increasingly independent members of the school and the wider community.

The school aims to value and reward good behaviour which promotes effective learning, as this will develop an ethos of kindness and co-operation. This policy is designed to promote good learning behaviour, rather than merely deter anti-social behaviour.

The school recognises that unacceptable behaviour is often a child's way of communicating that something is wrong. They are finding something difficult, rather than being manipulative or controlling. Therefore understanding children's cognitive development is key to supporting children's emotional development. We support children to self-regulate their emotions, by co-regulating through de-escalation, connection, empathy, clear routines, boundaries and mindfulness.

Self-Regulation and Co-Regulation

Self-regulation is the process that a child's brain goes through in order to give them the ability to control their behaviours and emotions in response to a particular situation. Young children need support to develop self-regulation skills, therefore staff in school support children through a variety of different techniques – this is known as co-regulation.

Connection

Staff make connections with children, developing trust and respect. Staff gain the trust of children through being fair and consistent. Trust supports children's self esteem and self regulation.

Empathy

Staff aim to empathise with children (even if they do not agree with their actions) and support children to develop empathy for others through;

- Recognising and naming their feelings ('I know that you are angry, it's ok to be angry').
- Supporting children to expressing their feelings appropriately. (It's ok to be angry, but it is not ok to be unkind to your friend.)
- Supporting children to recognise other people's needs and emotions ('When you did x you made your friend feel sad')

Clear Routines

Staff set clear routines to help children to feel safe and secure. Staff support children to understand expectations and classroom routines. Classroom rules are decided with the children. Visual timetables are used as a reminder of what is planned for the day. Some children may need extra support to follow routines, for example, adult support to understanding or talk through what will happen next or through the use of visual prompts.

Boundaries

Children are made aware of expectations through the classroom rules, the schools super skills for learning and the school values. Children are encouraged to take ownership of their actions and to make 'good choices' in relation to their behaviour. Positive behaviour is praised. Children are reminded that all emotions are acceptable, but that not all behaviours are acceptable.

Mindfulness

Staff use mindfulness as a technique to help children stay calm. The school promotes mindfulness through;

- Naming children's feelings and empathising.
- Talking with children about where they feel emotion in their bodies (their tummy, their head etc)
- Talking about children's different emotions when they are frustrated, excited, happy, sad, or angry.
- Mindful deep breathing techniques
- Time out to be alone / think (use of thinking areas)
- Creative activities such as clay and painting
- 1:1 with our Nurture Support Mentor / School Counsellor

Celebration

We praise and celebrate children's positive behaviour in a variety of ways:

- Teachers congratulate children and give them verbal praise and encouragement.

- Our values, (Respect, Honesty, Courage, Kindness, Positivity) and Superskills for Learning are promoted and celebrated throughout the school. These are life long skills set for effective learning. They encourage children to be: reflective, confident, creative, resourceful and curious. They teach pupils to make connections, take risks, collaborate, communicate and persevere. These learning skills are rewarded in our weekly 'Stars of the Week' assemblies and also in our half-termly 'Headteacher Award' Assemblies.
- Pupil achievement is valued, encouraged and displayed, as much as possible, around the school.
- Children are given the opportunity to show their learning to other pupils/teachers in the school, including the Headteacher and members of the Headship Team.
- Teachers congratulate and praise children for considerate, positive behaviour, which promotes effective learning.
- We distribute certificates to children, for consistently good attendance, (95% and above), at the end of each term.
- Certificates are awarded for consistently good learning / learning behaviour, or to acknowledge effort or acts of kindness in school, linked to our values. These are distributed at weekly 'stars of the week' assemblies. We also hold a special 'Headteacher's Award' assembly, where children are rewarded for applying the 'Superskills for Learning' or demonstrating the School Values. Parents are invited to attend these special 'Headteacher Award' assemblies.
- All classes have opportunities to share examples with one another, not only of their best learning, but of considerate and respectful behaviour towards others, through assemblies, circle times and in daily learning sessions.

Time to Think and Reflect

- The school uses a number of consequences to support the School Values, and to ensure a safe and positive learning environment. We employ each consequence appropriately to each individual situation. There is a hierarchical level of consequence as to which adult deals with the situation, starting with the class teacher and finishing with the Headteacher. The aim is always to support the child and to diffuse a situation wherever possible.
- We expect children to be attentive in lessons. If they are consistently inattentive, teachers may ask them to move nearer to themselves or the teaching assistant, or to move to the 'Thinking Area' in the classroom. In this area, children have the opportunity to calm down and recognise the inappropriateness of their previous behaviour and make a decision as to when they are ready to return to the class session. This may also be child-initiated, should they feel that they need some time for reflection on their own behaviour. There are "Thinking Areas" in every classroom and throughout learning environments (both indoor and outdoor) around the school.
- We expect children to try their best in all activities. If they do not do so, we may ask them to repeat a task or activity.
- If a child is disruptive in class, the teacher will speak to them. If a child continues to disrupt learning, we may give the child some 'time out' from the rest of the class, supporting them through co-regulation until they calm down and are able to comply with the teacher's expectations.
- The safety of the children is paramount in all situations. If a child's behaviour endangers the safety of others, the class teacher stops the activity and prevents the child from taking part. The behaviour is

addressed, staff will find out why the child behaved in an unsafe way and support them to understand how to keep themselves and others safe.

- If a child behaves inappropriately towards another child, the incident is recorded and the child may engage in a 'time out' / 'thinking time'. Staff seek to support both children, comforting the child when necessary and supporting the child who acted inappropriately to understand what happened and how they could have behaved / reacted. If a child repeatedly has difficulties self-regulating and acts in a way that disrupts learning, the school will contact the child's parents/carers and seek an appointment in order to discuss the situation, with a view to working together and consistently to improve the behaviour of the child.
- The class teacher discusses the School Values with their class, which are agreed by the children and displayed on the wall of the classroom. In this way, every child in the school knows the standard of behaviour that we expect in our school. If there are incidents of anti-social behaviour, the class teacher addresses these with the whole class through 'circle time'.
- The school does not tolerate bullying of any kind. Bullying is when a person or a group repeatedly and intentionally use their power to systematically intimidate, hurt, oppress or damage someone else or their property. If we discover that an act of bullying or intimidation has taken place, we act immediately to stop any further occurrences of such behaviour, (see anti-bullying policy). Whilst we acknowledge that instances of bullying do sometimes occur, we do everything in our power to ensure that all children attend school free from fear of any kind from others. Bullying in any form is not tolerated at our school.
- Teachers will only intervene physically to prevent injury to a child, or if a child is in danger of hurting him/herself, through the use of positive handling techniques. These actions are in line with government guidelines and are recorded and reported to the Headship Team and parents. De-escalation is always used first.

The role of the class teacher

It is the responsibility of class teachers to ensure that the school values are reinforced in their classes, and that their class behave in a responsible manner during learning sessions.

The class teachers in our school have extremely high expectations of the children with regard to behaviour, and they strive to ensure that all children achieve to the best of their ability. The teachers treat all children in their classes with respect and understanding.

If a child repeatedly behaves inappropriately in class, the class teacher keeps a record of all such incidents. In the first instance, the class teacher deals with incidents him/herself in the normal manner (as above). However, if the inappropriate behaviour continues, the class teacher seeks help and advice from the other members of the staff in a hierarchical order. (Class teacher > Year Group leader > Assistant Headteacher > Deputy Headteacher > Headteacher). Each individual child's circumstance is considered when dealing with a situation to ensure that the child is able to understand the consequences and make amends.

Where external support agencies are involved in meeting the needs of a particular child, the class teacher liaises and works co-operatively with those agencies, as necessary, to support and guide the progress of the child. The class teacher may, for example, in consultation with the school's Inclusion Leader discuss the needs of a child with an educational psychologist or with professionals from other external agencies that could offer advice.

The class teacher or member of the Headship Team will also contact a parent if there are serious concerns about the behaviour of a child.

The role of the Headteacher

It is the responsibility of the Headteacher, under the School Standards and Framework Act 1998, to implement this policy consistently throughout the school, and to report to governors, when requested, on the effectiveness of the policy. It is also the responsibility of the Headteacher to ensure the health, safety and welfare of all children in the school.

The Headteacher supports the staff by implementing the policy, by setting the standards of behaviour, supporting children to self-regulate, and by supporting staff in their implementation of the policy.

The Headship Team keep records of all incidents of misbehaviour that have been addressed by them.

The Headteacher has the responsibility for giving suspensions to individual children for serious acts of misbehaviour. For repeated or very serious acts of anti-social behaviour, the Headteacher may permanently exclude a child. These actions are taken only after the school governors have been notified.

The role of parents and carers

The school collaborates actively with parents and carers, so that children receive consistent messages about how to behave at home and at school.

We explain the school's Code of Conduct in the school prospectus, and we expect parents and carers to understand and support this.

We work to build a supportive dialogue between the home and the school, and we inform parents and carers immediately if we have concerns about their child's welfare or behaviour.

If the school has to use reasonable consequences to address a child's behaviour, we expect parents and carers to support the actions of the school. If parents and carers have any concerns about the way that their child has been treated, they should initially contact the class teacher. If their concerns remain, they should contact a member of the Headship Team to discuss the issues involved. If there is still no resolution, the Headteacher will become involved at this stage. Usually by this stage, issues are resolved to everyone's satisfaction, however, if concerns remain then parents or carers have the option to contact the Chair of the Governing Body, in accordance with the school's Complaints Policy.

The role of governors

The governing body has the responsibility for agreeing as policy these general guidelines on standards of discipline and behaviour, and of reviewing their effectiveness. The governors support the Headteacher in adhering to these guidelines.

The Headteacher has the day-to-day authority to implement the school's policy on behaviour and discipline, but governors may give advice to the Headteacher about particular disciplinary issues. The Headteacher must take this into account when making decisions about matters of behaviour.

Pastoral Support Programmes (PSP's) and Behaviour Support Plans (BSP's)

Pastoral support programmes are put in place when it is necessary to provide a child with an alternative programme of support. It may be agreed as part of this programme to reduce the hours a child spends at school on a daily basis, in order to ensure successful transition into the school environment enabling effective access to the school curriculum. The intention is that the PSP is an inclusive measure in order to help to prevent suspension.

Behavioural Support Plans are put in place for specific children who may have social, emotional or mental health needs that may require additional provision and/or support.

Suspensions

We are an inclusive school and do not wish to suspend any child, even when they exhibit serious behavioural difficulties. We will take every reasonable step to ensure that suspensions are avoided. However, in extreme cases, it may be necessary to suspend a child.

The school follows the national Permanent Exclusions and Suspensions in England, published by the Department for Education in July 2021 and updated in September 2021 and has written this policy in line with the DfE guidance 'Behaviour and Discipline in Schools: guidance for headteachers and staff' (2013).

Only the Headteacher (or Deputy Headteacher acting on behalf of the Headteacher), has the power to suspend a child from school. The Headteacher may suspend a child for one or more fixed-term periods in any one school year. In extreme and exceptional circumstances, the Headteacher may exclude a child permanently. It is also possible for the Headteacher to convert a suspension for a set period of time into a permanent exclusion, if the circumstances warrant this.

If the Headteacher suspends a child, she informs the parents or carers immediately, giving reasons for the suspension. At the same time, the Headteacher makes it clear to the parents or carers that they can, if they wish, appeal against the decision to the governing body. The school informs the parents or carers how to make any such appeal.

The Headteacher informs the LA and the governing body about any permanent exclusion, and about any suspensions beyond five days in any one term. (The Headteacher will also inform the Chair of Governors about all suspensions and exclusions).

The governing body itself cannot either exclude a child or extend the suspension period made by the Headteacher.

The governing body has a discipline committee which is made up of between three and five members. This committee considers any suspension/ exclusion appeals on behalf of the governors.

When a 'review panel' meets to consider a suspension, they consider the circumstances under which the child was suspended, consider any representation by parents/carers and the LA, and consider whether the child should be reinstated.

The governor 'review panel' review decisions, but do not have the power to force a school to reinstate an suspended pupil.

Monitoring and review

The Headteacher monitors the effectiveness of this policy on a regular basis. She also reports to the governing body on the effectiveness of the policy and, if necessary, makes recommendations for further improvements.

The school keeps a behaviour log. Class teachers make records of any recurring classroom incidents regarding specific children. Serious incidents which have resulted in the involvement of the Headship Team are recorded. We also keep a record of any significant behavioural incidents that occur at break or lunchtimes.

The Headteacher keeps a record of any child who is suspended for a set period of time, or who is permanently excluded.

It is the responsibility of the governing body to monitor the occurrence of both suspensions for a set period of time or permanent exclusions, and to ensure that the school policy is administered fairly and consistently. The governing body will pay particular attention to matters of equality and discrimination; it will seek to ensure that the school abides by the non-statutory guidance *The Duty to Promote Race Equality: A Guide For*

Schools (published by The Commission for Racial Equality), and that no child is treated unfairly because of race or ethnic background.

The governing body reviews this policy every three years. The governors may, however, review the policy earlier than this, if the government introduces new regulations, or if the governing body receives recommendations on how the policy might be improved.

Signed: _____

Print Name: _____

Date: _____