



The Marist Catholic Primary School

West Byfleet



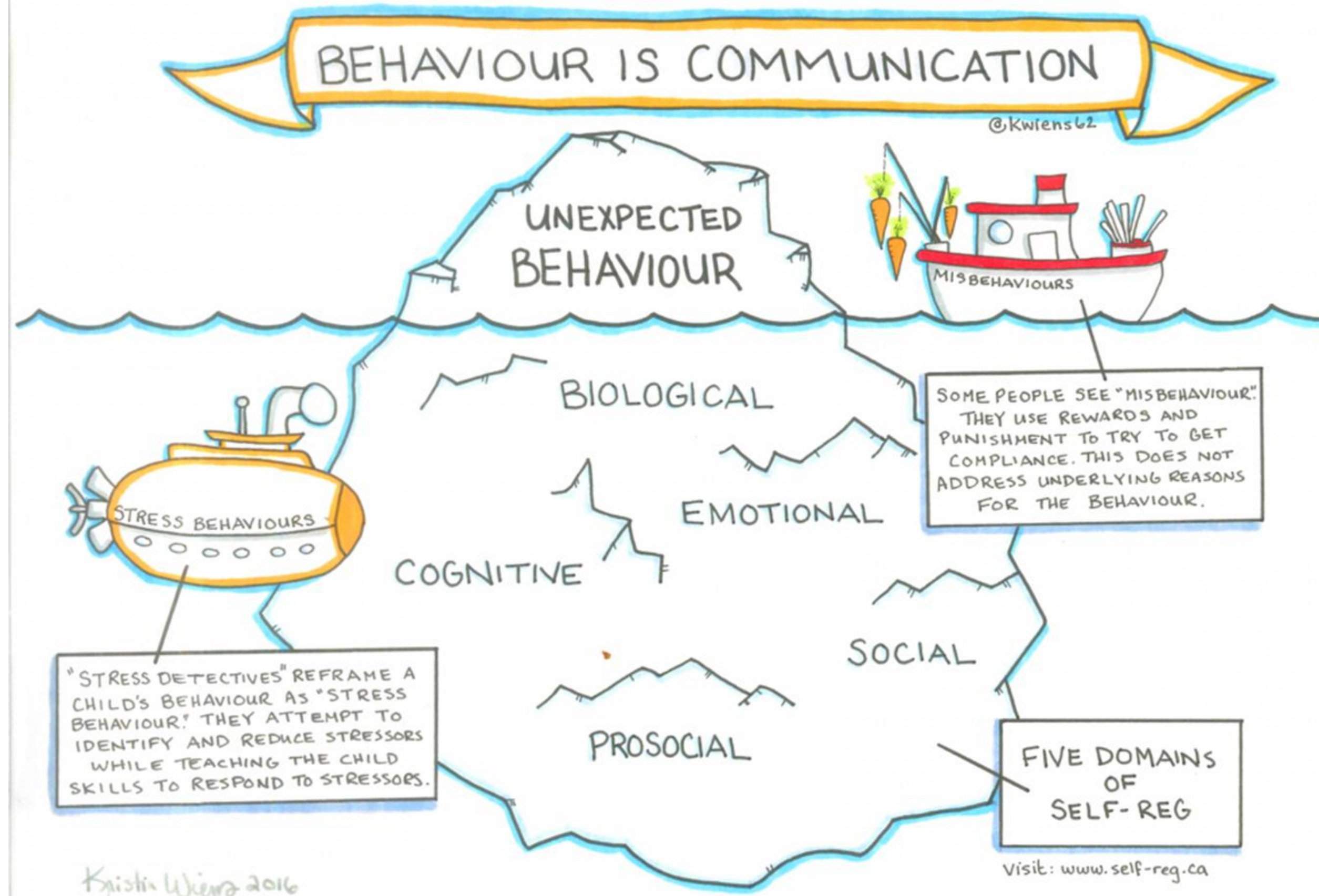
Agenda

- 1 Targeted support through a child-centred approach
- 2 Remove barriers to education
- 3 Help children to get the most out of education

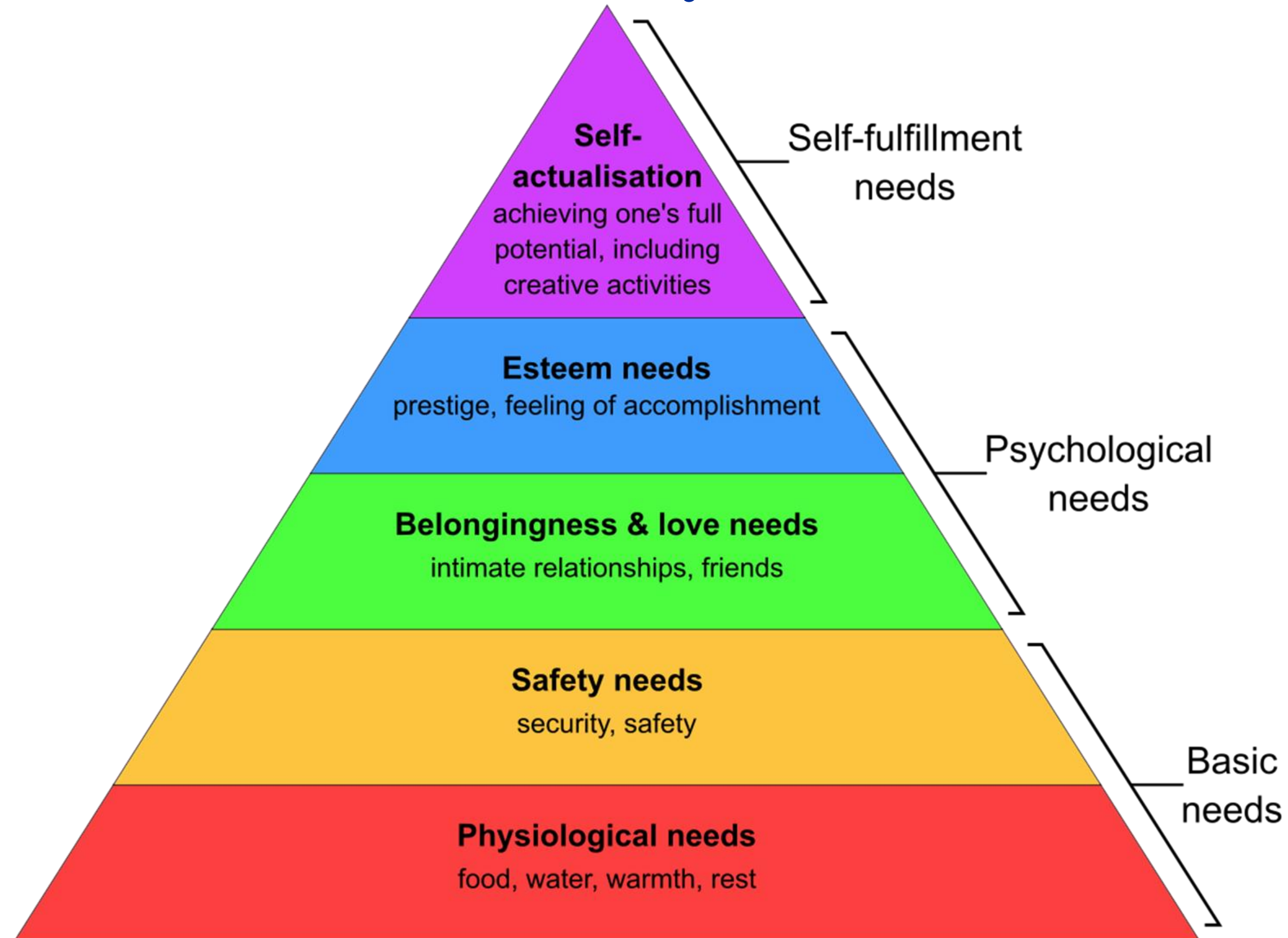


Our Mission:

With Christ as our guide, we learn,
we love, we achieve together.



Maslow's Hierarchy of Needs





4 Behaviour Types- Attention Needing

Child needs attention- no matter whether it is positive or negative

Behaviour	Feeling
Interrupting	Irritated
Showing off	Frustrated
Whining	Snappy
Repeated tapping	



4 Behaviour Types- Attention Needing

Strategies	
• Build up positive attention at appropriate times • Specific praise • Proximity praise • Shine a light • Positive touch • WIN – I’m wondering, I imagine, I noticed • Help me understand	• Is there a sensory need? • Catch the good systems • Acknowledge emotions/behaviour • Use of timers • Calm and consistent direction • Do not ignore • Attending



4 Behaviour Types- Power Seeking

Child does not feel safe / in control and needs to take back control

Behaviour	Feeling
Stubborn	Threatened
Argumentative	Provoked
Oppositional	Defensive
Bossy	



4 Behaviour Types- Power Seeking

Strategies	
• Refuse to fight • Offer choices • Distraction • Mutual respect	• Firm and clear instructions • Avoid audiences • Avoid conflict



4 Behaviour Types- Revenge Seeking

Child starts hitting out and seeking revenge for not having their needs met

Behaviour	Feeling
Kicks and bites	Hurt
Sullen and negative	Angry
Aggressive	Helpless
Destructive	Scared



4 Behaviour Types- Revenge Seeking

Strategies	
• Distinguish between pupil and behaviour • Distraction • Safe boundaries • Conflict avoidance • Engage rational brain	• Take time and effort • Avoid retaliation • Change of face • Give them time • Restorative conversations



4 Behaviour Types- Withdrawal

Child feels unable to cope and withdraws from contact

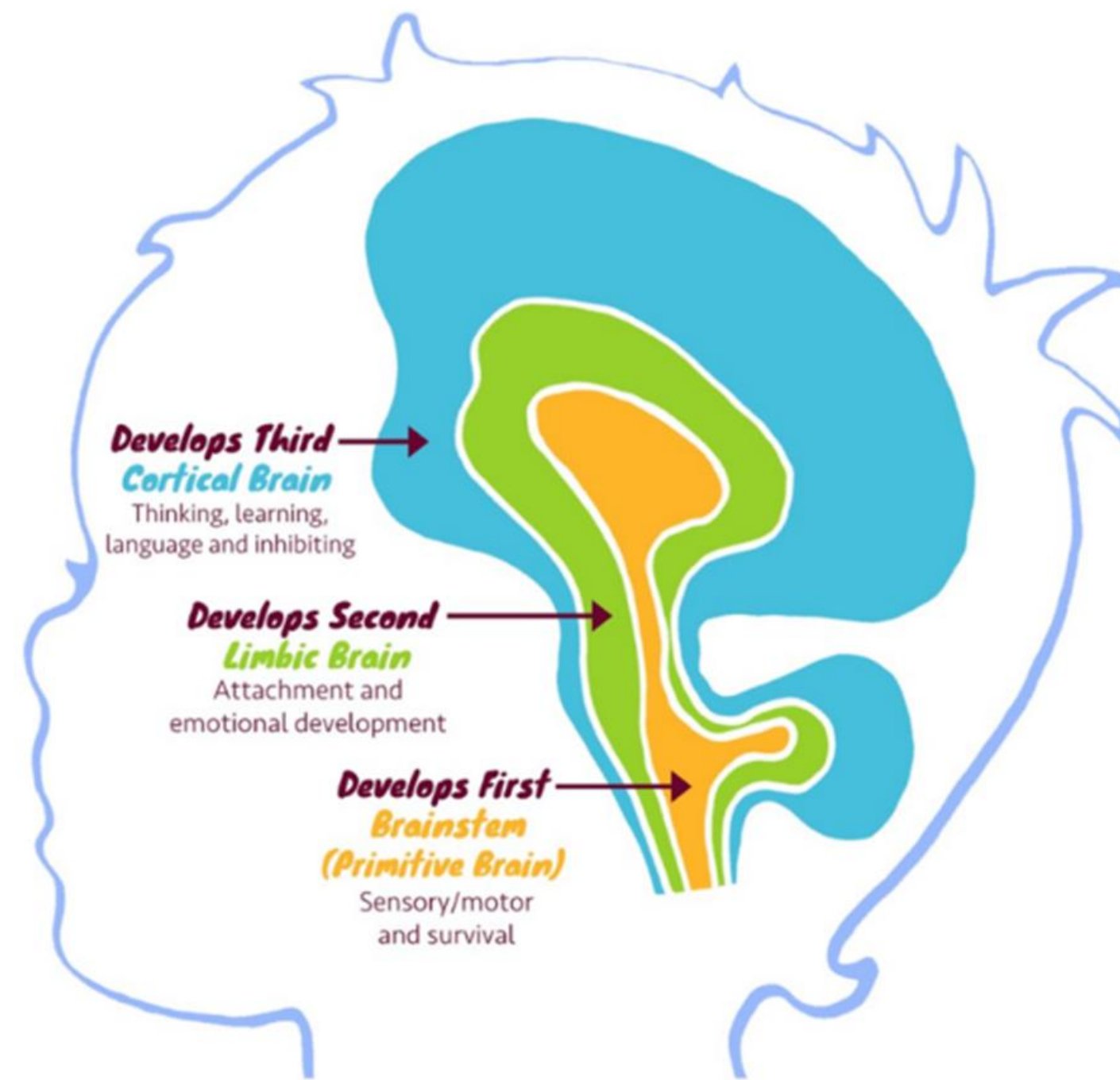
Behaviour	Feeling
Loner	Disheartened
Gives up	Discouraged
Feels hopeless	Desperate
Stops trying	



4 Behaviour Types- Withdrawal

Strategies	
• Small chunks of precise praise • Show belief in them • Give responsibilities	• Make tasks challenging yet achievable • Develop unique relationship – safe adult • Safe space

Flipping Your Lid



Clear Rules and Routines



- When the world is unpredictable and confusing there is a lot of uncertainty which can lead to anxiety.
- Many children have a need to control activity and interaction around them. To help deal with this insecurity and anxiety, we have to decrease the uncertainty in their lives.

- Boundaries keep children safe
- Be consistent and calm
- Take up time



In a busy world, make special time!



Putting aside 10 minutes every day just for your child can make a huge difference!

Sleep Routines



- Children need 9-11 hours sleep per night
- Ensure a calm, consistent bedtime routine
- Screens and devices over stimulate the brain and impact negatively on sleep
- Avoid sugary snacks before bed
- Pre-empt excuses such as water, toilet etc.

What to do when it gets tough



- ATTUNE: Catch 'n' Match the feeling!
-
- VALIDATE: Stop the behaviour, validate the feeling.
-
- CONTAIN: Make the unbearable survivable!
-
- REGULATE: Meet the intensity then calm soothe.



I understand you don't want to pack the train away. You are having such fun! It's bathtime now but we can play with it again tomorrow.

I can see you are really angry. I understand your brother has made you cross but it's not okay to hurt him. Come and have a few minutes to calm and then we can try again.

I understand you don't want to go to school today. It's tricky when we've had such a fun weekend! I will be there to pick you up at the end of the day and we will go to the park together.

Distinguish between the child and the behaviour



- Avoid words such as ‘good’, ‘naughty’ and ‘bad’
- Take time to listen
- Be specific about the behaviour that was not acceptable – you need to name it to tame it!
- Discuss what would have been a better choice
- Avoid ‘don’t’

Say what you want to see



- Praise the small things!
- Aim for 5 positives to every negative
- Praise effort, not just achievement
- Be specific
- Don't follow praise with criticism



"You are putting your toys away really nicely!"

"I really like it when you share your toys with Sam!"

"I'm really proud of you for going to school today!"

"Good boy for doing as you were asked first time."

"Wow, what a wonderful job you've done on your homework!"

"Thank you for coming in on time!"

"Well done for going upstairs in the dark!"





Some Ideas for Simple Rewards...

Getting to
stay up half
an hour late

Getting to
choose what
sort of take-
away to order

Movie
night

Having a
friend round
to play/stay
over

A trip to
the park

A
magazine

Choosing a
board game to
play

A small toy (e.g.
something from
a pound shop)

Consequences



- What are your non-negotiables?
- Time In vs Time Out
- Age appropriate
- Natural consequences
- Double consequences
- Restorative conversations
- Beware of the 'shame cycle'



Key Contacts

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