

**Positive Behaviour Management  
at HHLS  
Guide for parents  
2021-2022**

# Show me five!

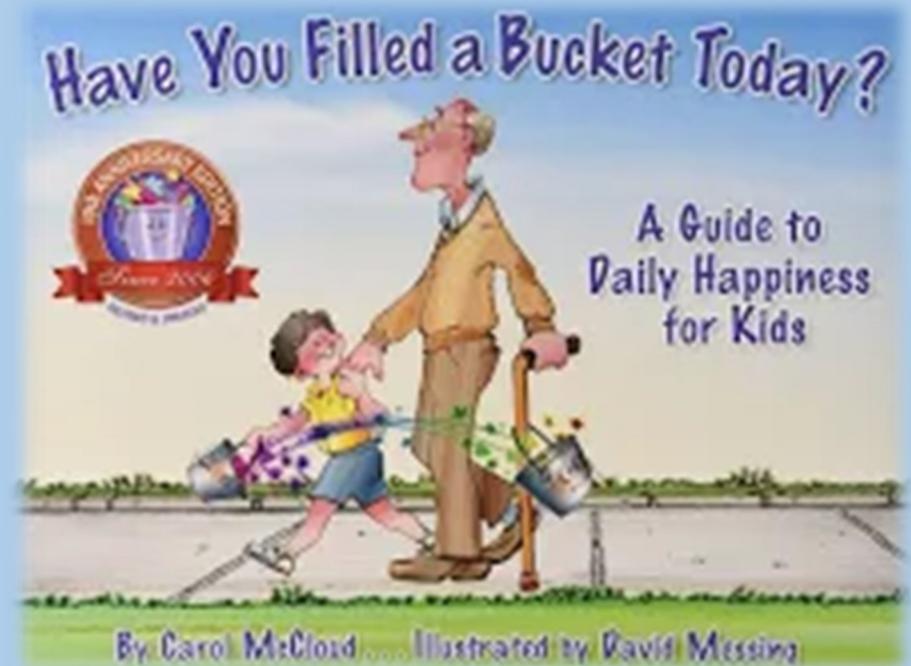
At the heart of our PSHCE curriculum are the 'Show Me Five' rules which permeate every aspect of Lower School life, providing safe guidelines for everyone to follow. This code of conduct will be promoted to create an ethos of care and kindness and promote good behaviour and polite manners. The 'show me five rules' will be reinforced daily by the class teachers, within circle times and within the lower school assemblies. There are five rules one for each finger and we will be rewarding the children with high fives when we see them following the code!



# Be a bucket filler!

To reinforce the 'Show me five rules' the Lower School use the book 'Have you filled a bucket today?' This is a fantastic book that promotes positive behaviour and explains very cleverly choice and consequence. Each teacher has a copy of the book within the classroom and a bucket! When the teacher spots a child following the 'show me five' rules or notices a kind or good deed/action they write a note and place it in the class bucket. The notes get read out, shared and celebrated during the Huzzah assembly on Friday.

If your child is an awesome bucket filler at home as well as at school we would love you to bring in a note for the class bucket.

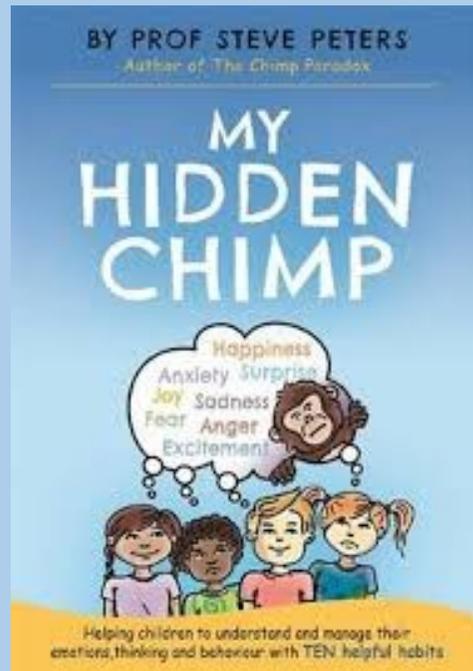
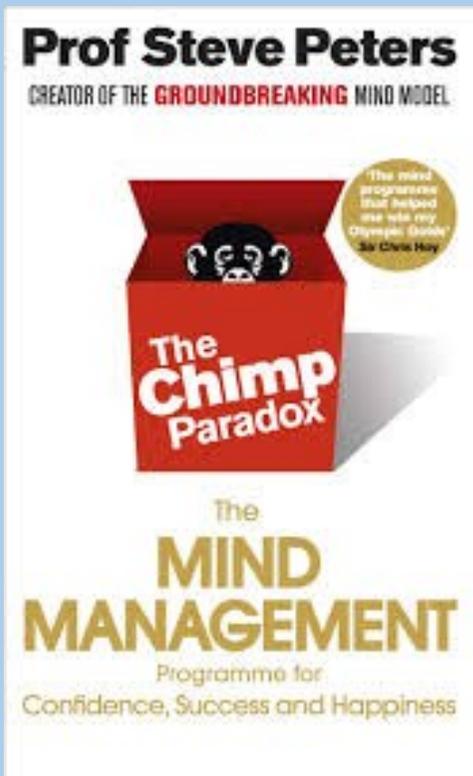


# Huzzah assembly

The Huzzah assembly is essentially a weekly celebration of the children's achievements. Each Friday the form teacher within each class will choose a star of the week. The star of the week recognises academic achievement, progress or effort. Each class teacher will also bring the class bucket to the assembly. The notes within it from school and home will be shared and celebrated.

We plan to celebrate birthdays during this assembly and if your child achieves a certificate outside of school (for example in their swimming lessons) please feel free to bring it in and they can celebrate their achievements with their friends.

# Chimp Tea Party



The Chimp tea party seeks to promote emotional literacy, building self awareness, self esteem, empathy and a sense of personal empowerment. It also promotes self regulation. Our Chimp party circle times and assemblies are a key tool to promote positive behaviour. They are based on the Chimp Paradox by Steve Peters.

Professor Steve Peters has come up with a model of our how our minds work in which he identifies three systems:

1. The Chimp System: The first is the “chimp” system – so called because we share it with our hominid cousins. This part of our brain is in play when we act impulsively, without regard for the consequences. Our inner chimp is emotional, greedy and lazy and with us from birth.
2. The Human System: When we are around two years old, a new system comes into the equation. As children we start asking “why?” We begin to get facts established and, by age four, use those facts in our decision-making. This is our “human” system: it’s the part of our brain that considers, rationalises, and empathises.
3. The Computer: The third system is the “computer”. This is the “back-up system” that stores our beliefs and behaviours as we form them – from when we’re very young right into adulthood. And as the human and the chimp in us make a decision on what to do, they refer back to these stored beliefs.

Essentially, one system is all about reason and logic (the human system), one is about emotional reaction (the chimp system) and one is based on established beliefs. These systems are constantly vying for attention and, biologically, the chimp – the animal instinct we’re born with – has the upper hand. If we let the animal in us rule the roost we’ll find ourselves taking action or lashing out before we’ve had a chance to think things through – and this can lead to us saying and doing things we might later regret.

Each child has their own cuddly chimp and the our chimp tea party helps give the children a scaffold if their chimp takes over in a situation.