

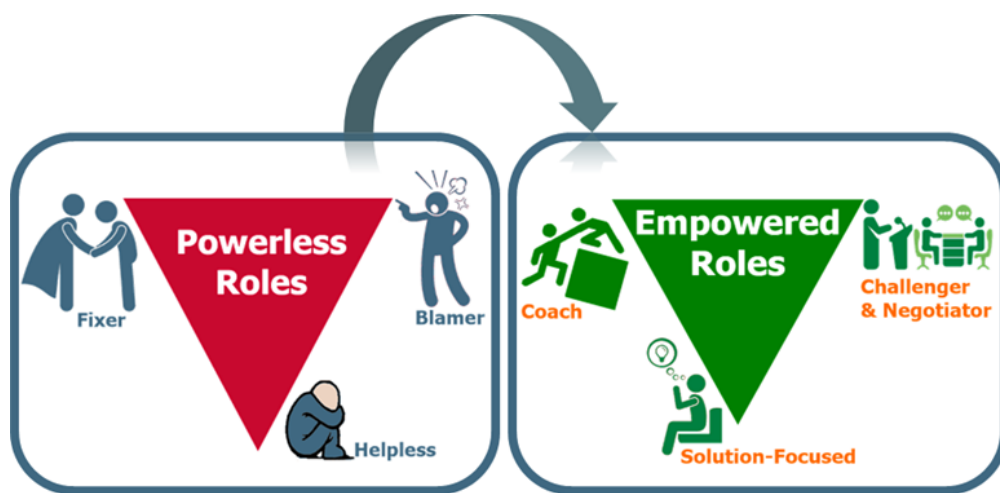
INTRODUCTION

Dear Parents/ Carers,

I am now leading the school's Empowerment Approach, and am aware that it is crucial for parents to begin to understand it, as it underpins everything we do at school, including our behaviour policy. It uses ideas from psychology, coaching, education and neuroscience. The children learn about their brains, needs and behaviours in lessons, and learn to make sense of their behaviours to enable them to learn to take conscious control of themselves. Each week I am going to post up something from the approach so you can discuss it with your children and start to understand some of the words and phrases you may hear your children use!

I am always happy to discuss this if you ever want anything explained.

Ms Baker



The children are taught that when we are in a difficult situation we can respond in different ways. Sometimes we fall into powerless roles. The blamer feels it is everyone else's fault. Someone who is helpless feels they may as well give up, and that they are useless. The fixer wants to help but sorts out problems FOR people, so they do not learn to find solutions for themselves.

When we notice the positions we are in, we can make sure we take on Empowered roles. A challenger speaks confidently and politely. They say what is wrong and what they would like, and they check it is good for everyone.

A solution focused person is a problem solver and they try to work out what would help them when things are hard. A coach helps other people by helping them to solve their own problems. Look out for people in stories or on TV, and look at adults and children around you in real life.

What positions are they taking?