

Positive Behaviour Support Approaches used at Abbot's Lea School

Zones of Regulation

<http://www.zonesofregulation.com/index.html>

'Self-regulation is something everyone continually works on whether or not we are cognizant of it. We all encounter trying circumstances that test our limits from time to time. If we are able to recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes naturally for some, but for others it is a skill that needs to be taught and practiced. This is the goal of The Zones of Regulation (or Zones for short).'

Team Teach

<https://www.teamteach.co.uk/>

'Team Teach is an accredited, award-winning provider of positive behavioural management training suitable for use in a wide variety of education settings.

Our positive behaviour management strategies have been developed in real schools and residential settings over 20 years. They equip teams and individuals with the tools they need to transform challenging behaviours into positive outcomes in the classroom and beyond, while reducing risk and the need for physical intervention.'

Restorative Practice

<https://restorativejustice.org.uk/restorative-practice-schools>

'A restorative school is one which takes a restorative approach to resolving conflict and preventing harm.

Restorative approaches enable those who have been harmed to convey the impact of the harm to those responsible, and for those responsible to acknowledge this impact and take steps to put it right.

Restorative approaches refer to a range of methods and strategies which can be used both to prevent relationship-damaging incidents from happening and to resolve them if they do happen.

Becoming a restorative school has many benefits, including increased attendance, reduced exclusions and improved achievement.'