

West Lodge Rights at Playtime and Lunchtime.



Article 31

**The right to
relax and
play**

Article 14

**The right to
an opinion
and belief**

Article 19

**The right to
be safe**

Article 15

**The right to
join in with
activities and
groups**

Article 24

**The right to
healthcare
and
nutritious
food**

West Lodge Responsibilities at Playtime and Lunchtime



**Look after
and share
equipment
and games**

**Respect
and listen
to other's
points of
view**

**Treat others
as you
would like to
be treated**

**Commit to
clubs and
participate
sensibly**

**Eat lunch
sensibly and
look after
each other**

West Lodge PALs (Peer Assisted Leadership)



West Lodge PAL PLEDGE 2016

As a West Lodge PAL I pledge to support my peers and the staff of West Lodge in a calm and positive way. I will perform my duty to the best of my ability when required by the team I will be punctual, prepared, safe and sensible. I will always set a good example of respecting and defending rights.

PLAY





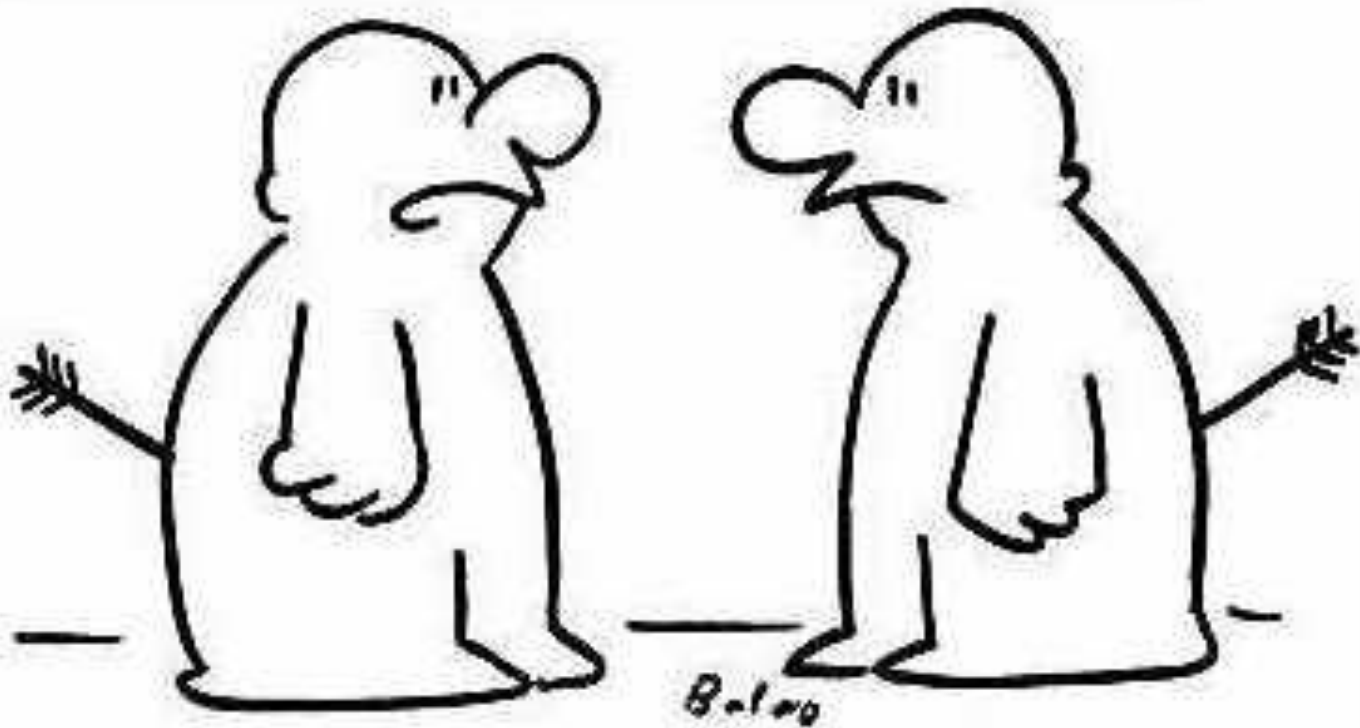
TIPS FOR PLAY

- Set up required equipment before students arrive.
- Know how many people can play safely in the space and how turn taking will be organised.
- Make sure everyone knows the rules and what will be the consequences for not following them.
- Have a plan for dealing with interruptions.
- Give demonstrations AND join in with the game to show the way others are to participate.

Having students involved in games can prevent them from doing things that may result in conflict.

Preventing conflict is easier than resolving conflict.

EMPATHY



"I know exactly how you feel."

EFFECTIVE LISTENING



Effective listeners...

- Give full attention to the speaker. Put everything down.
- Show that they are listening with their face and body by using eye contact and nodding etc
- Don't interrupt the speaker, take turns to speak and listen; and ensure there is only one speaker at a time with no interruptions.
- Repeat back what is said to check if they have understood.

HELPING THOSE WITH ANGRY FEELINGS



When someone is dealing with angry feelings it might be difficult for them to think clearly until they are calm. They may need some help to manage these angry feelings safely. When someone needs help to feel calm encourage them to try one of these suggestions:

- Run around the playground
- Count to 10 slowly
- Spending some time on your own
- Read a book
- Find someone to talk to
- Write down the feelings
- Use I statements (see page ...)
- Visit the peer mentor room

LEADING CONFLICT RESOLUTION AND FINDING A COMPROMISE

Compromise

This is where two people who have a problem meet in the middle so that everyone involved feels happier.

At West Lodge our conflict resolution process is called mediation.





MEDIATION

Explain the rules at the beginning of mediation.

- Stay Calm
- Give only your own viewpoint
- No interruptions
- No rudeness, swearing or name calling
- No physical violence
- No blame

1. Problem

Mediator (A) asks Pupil (A) for the problem

Mediator (A) Reflects back, checks that it's right.

Mediator (B) asks Pupil (B) for the problem

Mediator (B) Reflects back, checks that it's right.

Repeat steps 1 to 4 for each pupil asking first for

2. Their feeling

3. Their need

4. Possible solutions

These are discussed and the best compromise is agreed upon. The pupils shake hands.

Thank the students for participating.



How PALs will work at West Lodge

- Eight children on duty each day.
- On duty day collect WL PAL Jacket from PAL Room 12:30pm
- Early lunch on duty day if on playground
- Lunch at 1pm if on green area
- On duty from 12:45 (or earlier if finished)
- Between 12:45 and 1pm all 8 on duty in playground
- At 1pm Miss Hardcastle will be in the PAL room
- Four PALs to be based in PAL room from 1pm and four on the playground

The logo is circular with the text "RIGHTS RESPECTING SCHOOL" around the top and "UNICEF" at the bottom. Inside the circle is a globe made of blue lines, with several stylized human figures holding hands. Two figures are highlighted in red and green.[illegible]



Mediation Book

[illegible]



Leading Games

- King Square
- Dots and Crosses
- Jacks
- Hopskotch
- Skipping Games
- Clapping Games
- Speed Stacking