



# WESTGATE PRIMARY SCHOOL

"United in Life-Long Learning"

Head Teacher: Mr K Wright  
01524 832747

Langridge Way  
Westgate  
Morecambe  
LA4 4XF

Wednesday 14<sup>th</sup> September 2022

## Relationship and Regulation Policy

Dear Parents and Carers,

Over the last few years, I have been leading the staff of Westgate in evaluating and building a revised approach to dealing with behaviour. This has been an in-depth process where we have worked alongside Educational Psychologists, looked into research and visited other schools to establish a vision we feel is right for the children of Westgate.

Westgate School has a holistic approach to education, valuing all learning in and out of the classroom. We focus on building positive relationships between children, staff, parents and the wider community. We are committed to the emotional mental health and well-being of its staff, pupils and parents/carers. We work towards this in all aspects of school life, providing an ethos, environment and curriculum which promotes, teaches and supports emotional regulation and positive mental health of the whole school community.

We recognise understanding our emotions is a key aspect of managing behaviour successfully. We wanted to develop practice within school which aims for both adults and children to understand and regulate their own behaviour, creating a secure environment that is conducive to learning. As a school, we believe it is our role is to educate all as to how to recognise and regulate our emotions effectively.

Therefore, we have now replaced the previous 'Behaviour Policy' with a new 'Relationship and Regulation' Policy.

Underpinning this Relationships and Regulation policy is the belief that everyone can learn to self-manage and regulate their own emotions and behaviour. Through this, we encourage reflective thinking and restorative approaches. Ultimately, we wish to give our children confidence about their capacity to think for themselves, take responsibility for their actions and to make sense of their own lives and experiences into the world beyond the school gates.

BENEATH EVERY BEHAVIOR THERE  
IS A FEELING. AND BENEATH EACH  
FEELING IS A NEED. AND WHEN  
WE MEET THAT NEED RATHER  
THAN FOCUS ON THE  
BEHAVIOR, WE BEGIN  
TO DEAL WITH  
THE CAUSE,  
NOT THE  
SYMPTOM.

ASHLEIGH WARNER



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The policy aims are

- To maintain a happy, caring, safe community in which effective learning can take place and where there is mutual respect between all.
- To help children to develop a sense of worth, identity and achievement.
- To help all staff, children and their families to become emotionally aware and, through restorative approaches, repair harm and restore relationships.
- To develop in all children the ability to listen to others; cooperate and to appreciate other ways of thinking and behaving.

There are **8 main aspects** to Westgate's Relationship and Regulation policy which are:

**8 Key Aspects of our Relationship and Regulation Policy**

- Building and maintaining positive relationships
- Three simple expectations
- Consistent use of language
- Positive recognition
- Curriculum offer
- Emotional Coaching
- Restorative and problem solving approaches
- Graduated Response

These aspects are explained further in the full policy which can be found on our school website under the 'curriculum' tab or clicking on this link;

[www.westgatesch.com/curriculum/relationship-regulation-policy/](http://www.westgatesch.com/curriculum/relationship-regulation-policy/)

Over the next few weeks, I will be including further information on the Friday letter about these different aspects and how they look in school. This will enable you to understand and support the learning within school.

Thank you for your continued support,

Mrs Henderson

(Deputy Head)