

Quality Circle Time Network Newsletter

Jenny Mosley Consultancies ©

No. 009

Hello from Jenny...

Go straight to the back of this newsletter! You'll find ten of the hardest "school" rules ever... because they relate to you! We're all brilliant at helping others... but very few of us spend time looking after ourselves. We're often driven by voices in our heads that say "get your jobs done then have a break". Well, we've got bad news for you if you're good at your work the more jobs you will create for yourselves. You need to learn to live with the undone. This means having clear boundaries and understanding that you are a precious resource – you can't keep giving away your energy unless you take action to put it back!! Time for unwinding is time well spent. Life is too short to keep putting ourselves last on the "to do" list. If we look after ourselves, we'll look less strained, nap less and be prepared to learn to laugh with the people we work with.

With warm wishes to you all, Jenny



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YOU CAN ONLY SHARE BY
 GIVING AWAY

The Children's Plan in Brief - Building brighter futures

The Department for Children, Schools and Families (DCFS) presented the new Ten Year Children's Plan to Parliament in December 2007. The Plan aims to make England the best place in the world for our children and young people to grow up and to put the needs of families, children and young people at the centre of everything. Underpinning the plan are five key principles as follows:

- Government does not bring up children – parents do – so government needs to do more to back parents and families;
- All children have the potential to succeed and should go as far as their talents can take them;
- Children and young people need to enjoy their childhood as well as grow up prepared for adult life;
- Services need to be shaped by and responsive to children, young people and families, not designed around professional boundaries;
- It is always better to prevent failure than tackle a crisis later.

Weblinks for associated documents are at the following internet addresses:

- The Children's Plan: building brighter futures
www.dfes.gov.uk/publications/childrensplan/downloads/The_Childrens_Plan.pdf
- Summary of the Children's Plan
www.dfes.gov.uk/publications/childrenplan/downloads/Childrens_Plan-Executive_Summary.pdf

In the next newsletter we discuss some implications of the plan.



Website Update – Five thousand visitors can't be wrong!

www.circle-time.co.uk

We are delighted that over five thousand unique visitors use the Quality Circle Time website each month. People 'leaf through' the site all day every day, and we can even spot peaks of activity during weekday morning and lunch breaks!

So what's the big attraction? We have a huge range of Circle Time (and related subjects) resources for sale, and a large amount of information on training provision as many browsers look for training or resources to meet their school's needs. Most of the books now



have free sample pages that are quick to download and easy to follow – why not try some? There are circle time session plans, tips for the classroom and many samples from both the classic range and the new and exciting book range. We also have a small library of research and reports, a 'questions and answers' section and we regularly update the news and magazine articles sections.

If you have any problems using the site, do email Zara at zaraniwano@btinternet.com who will always be pleased to help.

Memoirs of a Train the Trainers delegate

Inspired, empowered and informed – a jam-packed personal 'kit bag' of powerful ideas and actions

"After a week with Jenny and her team I can only say that I was inspired, empowered, informed and personally had a clearer understanding about what I wanted to do!

Having recently left my primary teaching job to work on the development of materials to support the Revised Curriculum in Northern Ireland I was delighted to be able to attend the Quality Circle Time Trainers course. I thoroughly enjoyed the whole experience and this is what it truly was – an all round experience.

The week 'did exactly what it said on the tin' ... and more! Professionally the clear structure of the week enabled me to focus on the QCT model and see where everything fitted in. It also provided a visual way forward and most importantly allowed me to make relevant connections to the other aspects of school life. This together with the added bonus of actually witnessing Jenny putting into practice all that she had shared with us was the true icing on the cake.

But this was not all. Personally, it provided a safe shared space where people (from similar and different backgrounds) came together and where daily we were placed firmly at the centre of the learning experience. We had time to share, to talk about our own situations and time to reflect, putting our own pieces together.

On reflection I now recognise it was the importance placed on both the professional and the personal development by Jenny and her team that ensured the experience was fulfilling and enriching. **I can easily say it was one of the best training experiences in my life.**

The week was well paced; very well organized (thank you Lisa) with excellent food in a beautiful part of the country and to top it all off the celebration dinner, 'graduation' ceremony and the fantastic Samba band are memories and experiences I will never forget! I headed home with a jammed packed personal 'kit bag' of powerful ideas and actions to put into place.

I have my certificate proudly displayed; I have my 'golden moments' and I am keeping in touch with the wonderful group of people that I met. All in all, I know I was part of something very valuable both personally and professionally - something very special and unique."

- Marian Hamill APO Curriculum and Assessment Council for Curriculum Examinations and Assessment (CCEA)

For more information about Train the Trainers courses, see our website www.circle-time.co.uk or telephone 01225 767157.

SEAL goes to Secondary School



We are very thrilled because the latest DfES Guidance for the Secondary National Strategy, entitled 'Excellence and Enjoyment: social and emotional aspects of learning;' (or SEAL) has highlighted the Quality Circle Time model in a very positive way (as indeed the Primary National Strategy did, but we have already written about that!):

Here are some quotes from the document:

- "Simple 'hands-on' surveys in secondary Year 7 assemblies reveal that possibly 80 – 90% of pupils have experienced regular weekly circle times."
- "Through whole-class circle times they (young people) are used to taking turns, and knowing that they can choose to speak or listen. They have a clear concept of the 'golden rules' that can create a calm and positive ethos. They are used to celebrating each other's successes through praising and nominating each other for good social and emotional skills and signing class awarded certificates."
- "All adults and pupils share the same rules, routines, rewards and sanctions. They provide a framework for positive behaviour reinforcement. Everyone speaks the same language; everyone can catch pupils behaving well. Pupils are then able to recognize, believe and internalize positive messages about themselves and their peers."
- "Circle time is likely to be most effective when embedded within a whole-school approach, an example of this is the Whole-school Quality Circle Time Model (Mosley, 1999)."

(Quotes from Secondary National Strategy, Social & Emotional Aspects of Learning for Secondary Schools (p.106, 110). DfES Ref: 00043-2007DWO-EN-01. The document can be found at: http://bandapilot.org.uk/secondary/resources/page5_4/sns_sseal544fr0004307.pdf)

For more details about SEAL, Secondary training and resources, see our website www.circle-time.co.uk or telephone 01225 767157.

Tall Stories- an enjoyable activity to encourage communication skills and concentration

(From 101 Games for Self-Esteem by Jenny Mosley and Helen Sonnet)

Resources – None

What to do – Ask the children, in pairs, to think of a well-known story. They each tell their story to the other at the same time. They must try to make their own story so exciting and interesting that their partner stops talking to listen. If they do that, they get a point. The children swap partners and play again. At the end, see who has the most points and is the Champion Storyteller.

Comments – Warn the children before you play this game that it is not about who can shout the loudest; they must use interest, not volume, to capture their partner's attention and they cannot touch! Discuss with the children what helped them to block out the other children's stories.

For all training, books and resources, please visit our website at www.circle-time.co.uk

Training Courses to Enliven Secondary Practice

The consultancy is asked more and more frequently for courses for secondary practitioners. We currently offer the following, although courses can be adapted to meet your training needs:

- Raising the self-esteem and morale of staff;
- Social and emotional aspects of learning – for secondary;
- Bridging the circle – for transition;
- Relaxation training for all staff and pupils;
- Drugs education; building self-esteem and resilience of children;
- Peer mediation – if you want to help a child, let them help others;
- Working in school day;
- Closure day – achieving excellence through valuing individuals;
- Parents and staff evenings – broadening the vision;
- Bespoke training to meet your school's needs.

For all information about training and courses telephone 01225 767157 or email circletime@jennymosley.co.uk or logon to our website at www.circle-time.co.uk

W.I. members team up with secondary pupils to combat bullying

The Quality Circle Model does find its niche in some quite unusual places! In 2006 Jenny Mosley was called to work with some innovative Women's Institute (W.I.) members from Bradford on Avon, Wiltshire, alongside secondary pupils from St Laurence School. A lively circle time session saw pupils and W.I. members sharing their thoughts and feelings on bullying and threatening behaviour that occurs both within school and in the streets.

Anne Poole, a Jenny Mosley senior consultant, has more recently in 2008 given a talk to the local branch.

"For many, it was the first time they had heard of Circle Time so I put it in context and also spoke about Jenny's Intergenerational work. At this point they surprised me! Six people had previously seen Jenny work in a local secondary school and, as a consequence, been involved in circle time meetings in a local primary school. They spoke of

how amazed they had been at the children's contributions, especially the secondary pupils, and at how sensible and considerate they were. This had encouraged them to develop a link with the Primary school where they now participate in circle meetings, something which they greatly enjoyed.

Intergenerational work can be so rewarding especially now when extended families frequently live miles apart and there is little opportunity for the generations to mix socially. Penny Vine's book *Building Bridges* is an excellent starting point for anyone interested in bringing generations together through Circle Time." said Anne Poole.

For information on training in Quality Circle Time for secondary pupils, SEAL training or intergenerational work, email circletime@jennymosley.co.uk, telephone 01225 767147 or see our website www.circle-time.co.uk for details.

Forthcoming Train the Trainers course dates

"LEADERS MUST RADIATE ENERGY, LEAD BALANCED LIVES...AND SEE LIFE AS AN ADVENTURE".
- STEVEN COVEY



Jenny Mosley Consultancies run regular five-day accredited Train the Trainers (TTT) courses and two-day re-accreditation courses for returning delegates. The courses are packed with inspirational workshops, pupil demonstrations, reflection time and experiential activities, providing a unique chance to sharpen up your practice. They are run in Wiltshire at the beautiful Leigh Park Hotel in Bradford on Avon. Jenny also runs courses for individual local authorities at a convenient location for you – do telephone to ask for details if you are interested.

Book early to avoid disappointment! For all enquiries, please telephone 01225 767157 or email lisap@jennymosley.co.uk or visit the website www.circle-time.co.uk

17 – 18 October 2008 Train the Trainers Re-accreditation
10 – 14 November 2008 Five day Train the Trainers Course
16 – 17 October 2009 Train the Trainers Re-accreditation
16 – 20 November 2009 Five day Train the Trainers Course

FOR SOME CHILDREN
TEACHERS ARE THEIR ONLY
BRIDGE TO A HAPPIER LIFE.

Creating a work / life balance for staff

Have you ever met a colleague who seems to have the perfect work / life balance? What a rarity! We do see many staff who are weary, rushed off their feet and running out of energy though. Whereas children need staff who are vibrant, patient and full of life! So why not suggest to your headteacher that you could all use some help in creating more balance in your lives? Jenny Mosley's holistic approach to emotional health and creating work life balance indulges staff by helping them to bask in the experiences they need to become fully aware of themselves physically, emotionally and spiritually.

Jenny's "Five Wells" model of personal replenishment will be used during this course. This model explains how we all need to draw on certain 'wells' of resources at certain times, including physical, emotional, spiritual, creative and intellectual 'wells'. The model has been

used and quoted by the National College for School Leadership in their "Staff Well-being in Schools" resource. The course can help to re-charge staff batteries enabling them to face the challenges they come across on a daily

Course Aims:

To help delegates to explore new experiences and develop an awareness of how to use them at work and home. People will leave refreshed, re-energised and with a clear plan to help them redress the balance.

For all information about training and courses telephone 01225 767157 or email circletime@jennymosley.co.uk or logon to our website at www.circle-time.co.uk

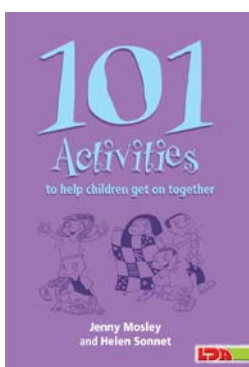


TEN GOLDEN RULES FOR MYSELF

- I should give myself the same care and attention as I give others.
- I am not an endless resource for others, I must stock up on reserves and not get too drained. I deserve and need a Golden Moment every day.
- I have needs which may be different from my family's, my friends or my colleagues.
- I do not have to say 'yes' to all requests – or feel guilty if I say 'no'.
- The 'perfect' parent, partner, child or career person does not exist – the 'good-enough' one does!
- I have the right to be treated with respect as a worthwhile, intelligent and competent person.
- I do not have to have everyone's approval all the time to know that I am trying my hardest.
- Time for unwinding is time very well spent. I will visit the Wells regularly.
- Making mistakes is not a disaster – I can learn from these and it allows others to as well.
- I must be fair to myself and remember, at all times especially in the face of criticism, anxiety and difficulties, THAT I AM DOING THE BEST THAT I CAN!!

For more top tips and 'freebies' please go to www.circle-time.co.uk and click on the 'Free Game and Circle Times' tab on the circle time website homepage.

"IMAGINATION IS MORE IMPORTANT THAN KNOWLEDGE"



101 Activities to help children get on together

by Jenny Mosley and Helen Sonnet (LDA)

Read here a customer review of a sister book to "101 Activities to help children get on together" entitled "101 Games for Social Skills" by Jenny Mosley and Helen Sonnet. See the circle time website shop for details of this fantastic series (www.circle-time.co.uk/shop).

"This book is full of fantastic ideas for developing social skills. As a teacher in a primary school I have found it incredibly useful in providing ideas for circle time activities and PSHE activities. I have used them with upper KS2 children but most could be used across both key stages. I highly recommend this book and will be buying the 101 games for self esteem next."

For all information about books and other educational resources telephone 01225 767157 or email circletime@jennymosley.co.uk or log on to our website at www.circle-time.co.uk

Golden Rules books for Toddlers
A boxed set of six story books for toddlers, featuring our favourite characters from the original Golden Rules series... written by Donna Luck and illustrated by Juliet Doyle

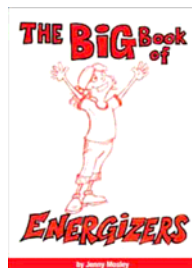
Charity Update - The Teacher Foundation in India

The Teacher Foundation is a young, dynamic organisation that infuses school education systems across India with new educational energy, enthusiasm and expertise. The Foundation works with thousands of teachers from across India in Government schools, private schools and leading international schools. Being accredited by Jenny Mosley Consultancies to provide training in the Quality Circle Time and the Whole School Ecosystemic Model, the Foundation's work hinges on raising the morale and self-esteem of all staff in schools and helping to positively change attitudes. The Foundation has described the QCT approach as a "magic wand" – an intrinsic aspect of all their interactions with schools. In 2004 the Teacher Foundation published "A Handbook of Quality Circle Time in India" (published by the Teacher Storehouse, Bangalore).

Jenny Mosley has been delighted to be able to visit India and The Teacher Foundation on several extended training trips over the last few years. She is now planning a further training trip this Autumn when Jenny will contribute to The Teacher Foundation and National Council for Education Research and Training (NCERT) conference entitled "Schools That Care" – which aims to put children's self-esteem at the heart of the curriculum. NCERT is the government of India's organisation undertaking policy decisions on the school curriculum, textbooks and research in education.

For more details about this conference, and for other articles about India and the Teacher Foundation's work, go to www.circle-time.co.uk and key "India" into the search box.

Positive Press Resources News



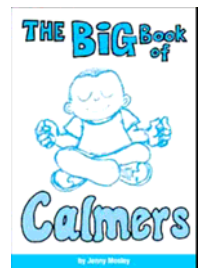
The BIG book of Energisers

by Jenny Mosley and Zara Niwano

and

The BIG Book of Calmers

by Jenny Mosley and Ross Grogan



These useful stand alone books for 'dipping into' are due out soon. Look out for them in the catalogue and on the website. The Energisers book is designed to boost children's energy at any time of the day to enliven the class. The Calmers book helps to calm children back down and to help return the class to balance.

Jenny Mosley Consultancies and Positive Press (leaders in proven quality training)

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