



Reflection Time Information

We would like to tell you about our new way to support and calm pupils in the school setting called Reflection Time. Reflection time can be good for pupils as it gives pupils a chance to be away from the main class setting. Many pupils prefer the reflection time to the previous Green/amber/red card strategy. With the cards pupils felt it lasted all day and anyone that came into the classroom could easily see them. Behaviour in the school has improved using reflection time. Some of the key questions to help and support children are:

How are you feeling?

What happened?

To make the situation better I will ...

Learning from mistakes

Sometimes pupils volunteer and ask to go to the reflection area to work personally and quietly as they find it a calming influence. The pupils clearly utilise and view this positively. Some of the older children thought the green card system was a "kid thing" but feel this new approach isn't, as it helps a pupil having difficulty and allows others in the class to continue working together. With reflection time you actually get time to think about improving.

This links with our Visible Learning approach in the school which we shared with parents at the recent parental consultations. Visible Learning promotes children taking responsibility for their own learning.

Thank you to pupils Keira Wallace P7, Daniel McKenna P5/6, and Blair Hamilton P5/6 who scribed this article.