

R Time

(Relationships to improve education)

Over 60 primary schools in Norfolk have attended these courses in two years. Greg Sampson has developed this programme. Now retired from teaching after 32 years in Coventry. The 'R' stands for relationships and the core of the programme is to help children in schools to build and refine relationships with other children.

Why should schools do R Time?

Rita Adair, Anti-Bullying Alliance Regional Co-ordinator is happy to promote this approach as it contributes to anti-bullying strategies by looking at issues, which if not dealt with, foster a climate of bullying. These issues include acceptance, respect, valuing differences in each other, creating ways to support one another, enabling children to succeed in one-to-one friendships and giving children skills to handle conflict situations. Whilst this is not specifically an anti-bullying programme many children in their evaluations, have commented on the way that R Time has stopped bullying by the children in their class or group.

The basic reason for doing R Time is to enable everyone in the class to get on better with one another. This will accelerate learning and raise self-esteem. R Time teaches children the basic skills of communicating effectively. Much of the emphasis is good manners, co-operation and respect is taught as well as caught by children in their homes and school. A school where respect and courtesy are high on the agenda will be a community, which fosters good relationships as well as accelerating learning.

What is R Time?

The essence of this approach is 10-15 minute, short bursts of activity, each time over a period of 30 weeks. The actual lessons last no more than 25 minutes and should be taught one each week.

What did Norfolk school staff say about R Time following the training last year: "I am sure R Time should be used in all schools." "An excellent day - thank you! A real reinforcement of the value of developing relationship skills with good manners as a foundation." "The whole day has been very stimulating and I will return to school and promote R Time enthusiastically".

Children's Services

Children's Services/Educational Psychology Support Service

There will be one whole day course on R Time at the following venue:

Wednesday 28th February 2007

08:45 – 3:30pm

South Green Park Enterprise Centre, Mattishall NR20 3JY

Cost: £115.00 (including lunch).

Cheques payable to Norfolk County Council (although we would prefer you to pay by Journal transfer)

Please complete the slip below if you would like to attend and return with your payment or Journal Number information.

✂ -----

I would like to attend the course on R Time at South Green Park Enterprise Centre, Mattishall and
(please tick relevant box)

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Please Journal £115.00 (per person) from EB..... Subjective.....

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I would like to pay by cheque (made payable to Norfolk County Council).

Name:.....School:.....

School Address:.....

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Headteachers signature:.....

Please indicate any special dietary requirements:.....

Please return your reply slip (and cheque if applicable) to:

Irene Hoare, The Terrapin, Hewett School Site, Cecil Road, Norwich NR1 2TJ or email
irene.hoare@norfolk.gov.uk (Temporary Mobile Number: 07799 348825)

We anticipate these courses will be very popular so please confirm your attendance early to avoid disappointment.

If you require further details contact Rita Adair on rita.adair@norfolk.gov.uk.