



## **Anti-Bullying Alliance Eastern Regional Conference**

**R Time**

**(Relationships to improve education)**

**Friday 15<sup>th</sup> April 2005 09.00 – 15.30**

**Newmarket Racecourse**

**This conference will ensure that teachers (Nursery to Year 6) and other interested staff will learn about R (Relationships) Time and how their school can foster positive relationships.**

Rita Adair, Anti-Bullying Alliance Eastern 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.

Greg Sampson, retired Headteacher has developed this programme (see [www.rtime.info](http://www.rtime.info)). R Time aims to help everyone in the class to get on better with each other. It teaches children the basic skills of communicating effectively through 10 - 15 minute short burst of activity, over a period of 30 weeks (from Nursery to Year 6). The actual lessons last no more than 25 minutes and should be taught on each week. Much of the emphasis is on good manners, co-operation and respect. A school where respect and courtesy are high on the agenda will be a community, which fosters good relationships as well as accelerating learning.

Interested? Please reserve me a place at the conference at a cost of £95

Name: ..... Title: ..... School/Service/LA:.....

Address: .....

E- Mail:.....

Postcode:.....

Payment can be made by cheque (payable to Norfolk County Council) or by Invoice /Journal transfer by 12<sup>th</sup> April. Please return to Irene Hoare, Greenwood Centre, Greenwood Road, Tuckswood, Norwich NR4 6BN (or fax 01603 259466)/ e-mail [irene.hoare@norfolk.gov.uk](mailto:irene.hoare@norfolk.gov.uk).

If you have any queries please contact Rita Adair, Anti-Bullying Alliance Eastern Regional Coordinator Tel: 01603 455531 or e-mail on [rita.adair@norfolk.gov.uk](mailto:rita.adair@norfolk.gov.uk)