

# **R Time**

## **(Relationships to improve education)**

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.



# Norfolk County Council

## Pupil Access Support Services

### Educational Psychology Support Service

**There will be two whole day courses on R Time at two different Norfolk venues run by Greg Sampson and Margaret Walbrick, R Time Consultants.**

- **Friday 11<sup>th</sup> March 08:45 – 3:30pm at the Professional Development Centre, Norwich**
- **Tuesday 19<sup>th</sup> April 08:45 – 3:30pm at the Professional Development Centre, Kings Lynn**

Cost £80.00 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

I would like to attend the course on R Time at: (please tick relevant box)

☐ Professional Development Centre, Woodside Road, Norwich NR7 9QL and  
I would like to pay by Journal Transfer (No.....)

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

☐ Professional Development Centre, Kilhams Way, Kings Lynn PE30 2HU and  
I would like to pay by Journal Transfer (No.....)

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

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

School Address:.....

Headteachers signature:.....

Please return your reply slip to: Irene Hoare, Greenwood Centre Greenwood Road, Tuckswold, Norwich NR4 6BN(or fax 01603 259466) by Friday 25<sup>th</sup> February 2005 or email [irene.hoare@norfolk.gov.uk](mailto:irene.hoare@norfolk.gov.uk)

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](mailto:rita.adair@norfolk.gov.uk).