

## HALCYON PODCAST SEASON 1 E10 'The Always Club'

### Steps for setting up an 'Always Club'

An 'Always Club' is for students who are 'always doing the right thing'. They can often go unnoticed in schools and can lead to them becoming 'invisible or unnoticed'.

In this episode, schools celebrate these children every half term, in other schools it is every week (sometimes called Hot Chocolate Friday) – Pivotal Education <https://pivotaleducation.com/hot-choc-friday/>

### If you wanted to set this up in your school, you could take the following steps:

1. Discuss with the staff team that you would like to develop this approach and what the benefits to behaviour and well-being could be.
2. Set out the links between the school values, expected behaviours and the rewards that students can gain.
3. Agree regularity of reward e.g. weekly, monthly or half termly and a budget for activities. This will be dependent on your cohort and whether a weekly reward and timeframe for noticing students is more beneficial.
4. Ask staff to choose students and forward to the Senior Leadership Team to trigger them being invited to the event.
5. Send a letter home to parents – posted to their address.

### Activity Ideas:

- Picnic in the playground
- Film and popcorn
- Hot chocolate with the head teacher
- Lunch with the head teacher
- Buffet in the classroom
- Activity of choice, with a member of staff

### Links to documents:

#### [Improving Behaviour in Schools](https://educationendowmentfoundation.org.uk/tools/guidance-reports/improving-behaviour-in-schools/#recommendation-1)

<https://educationendowmentfoundation.org.uk/tools/guidance-reports/improving-behaviour-in-schools/#recommendation-1>

#### Overcoming Isolation

<https://www.gov.uk/government/publications/fight-or-flight-how-stuck-schools-are-overcoming-isolation/fight-or-flight-how-stuck-schools-are-overcoming-isolation-evaluation-report>

#### Mental health and Behaviour in Schools

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/755135/Mental\\_health\\_and\\_behaviour\\_in\\_schools\\_.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools_.pdf)

### Join the Halcyon Education Academy

We run a [12 week online course](#) giving you the tools and strategies to put mental wellbeing at the heart of your school. It stems from our **10 Steps to a Mentally Healthy School** document which you [can download here](#), along with our [progress tracker](#) to help you prioritise your work.

*"The course allowed me to work at my own pace and complete the tasks needed. We have changed our practice as a result and now do a whole school assessment."*

For further help or advice, please feel free to [book a call](#) with me or send an email to [anna@halcyon.education](mailto:anna@halcyon.education)



## Further reading and information:

There is further research here which underlines why a behaviour policy has strong links to mental health and resilience

Dr Michael Ungar leads the Resilience Research Centre to carry out innovative research that explores pathways to resilience across cultures with a focus on children and youth.

While many people assume that children are naturally resilient, Dr. Ungar stressed that the environment influences a child's ability to properly adapt to stress and adversity. His research supports nine things that all children need to be resilient:

1. Structure
2. Consequences
3. Parent-child connections
4. Lots and lots of strong relationships
5. A powerful identity
6. A sense of control
7. A sense of belonging, spirituality, and life purpose
8. Rights and responsibilities
9. Safety and support.

Use the list above to compare with your own school behaviour policy to see if there are additional ways you can manage and promote consistently good behaviour.

<https://resilienceresearch.org>



## How it feels to be part of 'The Always Club'

