
Dear Parents and Carers,

At Waterside, we are proud to uphold a trauma-informed approach to behaviour, where we support children in making positive choices through empathy, consistency, and understanding. Alongside this supportive approach, it is also important that we provide clear and logical consequences when expectations are not met, to help students understand boundaries and learn from their experiences.

In line with this, we are introducing a **Reflect and Restore Period**, which will take place from **2:30–3:00pm** when needed. This time will be used for students to reflect on the choices they've made during the day that did not align with our school's values. It is not a punishment, but an opportunity to pause, talk, and think through how things could be handled differently in the future.

The Reflect and Restore Period will apply when a student does not meet our expectations around the following key values:

1. Inclusion:

Respect other people's space—both in words and actions.

Everyone has the right to feel safe (Article 19).

We ask students not to touch, push, or use unkind language, and instead treat others with kindness and respect.

2. Communication:

Speak kindly and respectfully to everyone.

Everyone has the right to be heard (Article 13).

Respectful language helps us all feel valued and understood.

3. Aspiration:

Let everyone learn.

Everyone has the right to an education (Article 28).

This means listening carefully, staying focused, and allowing others to do the same.

4. Nurture:

Be open to help and advice.

Everyone has the right to grow and learn in the best way for them (Article 29).

Support from adults and peers is there to help children succeed and feel confident.

At Waterside, we believe that every child has the right to learn and thrive in a safe, respectful, and supportive environment (Articles 28 & 31). The Reflect and Restore Period is one of the ways we reinforce this belief by giving students time and space to re-centre and return to the classroom ready to succeed.

If your child takes part in a Reflect and Restore, you will be informed on the day via text message. This ensures you are kept in the loop and can have supportive conversations at home if needed.

Thank you for your continued support in helping us create a calm, kind and learning-focused environment for all.

Warm regards,

Ren Shields

