



Public submission made to the Review to Achieve Educational Excellence in Australian Schools

Submitter: Parentsshop Pty Ltd
Submitting as a: Other (Training Organisation)
State: NSW

Summary

Parentsshop is proposing a solution to government to reduce many of the challenging and disruptive behaviours that are prevalent in Australian primary schools. This will provide teachers and students with a safe and consistent learning environment, requiring far less time to be spent on 'crowd control'. This leaves teachers more time for teaching resulting in less stress for them and better outcomes for students. The OECD study detailing the high incidence of disruptive behaviour in Australian classrooms has highlighted the need for an effective program to be introduced to schools to manage behaviour.

Evidence suggests that the trajectory of children's difficult behaviour, when unchecked, usually results in worsening behaviour and an inability for children to successfully manage their emotions as they grow older. Whilst there are normal developmental improvements in children's ability to behave maturely, it is becoming apparent that teachers and parents need more knowledge and practical skills to help to nurture this maturation.

The 1-2-3 Magic and Emotion Coaching in the Classroom programme is a teacher-training course endorsed by NSW Educational Standards Authority (NESA) as providing Quality Teaching Council (QTC) registered professional development. This simple approach is currently widely used in Western Australia and Northern Territory with over 70 schools being trained over a full day with 50 of those schools choosing to maintain the program with onsite coaching and follow up consultancy. This portable program can also be used in a single classroom, however it has proven most effective as a whole-school approach. Our aim is to roll out the program to all teachers in primary schools across Australia. It provides a consistent whole-school approach, where teachers use language and methods that are both common and predictable for staff and students which is easily transferable from the classroom to parent communities.

Main submission

Parentshop Proposal for Improving Classroom Behaviour

Parentshop is proposing a solution to government to reduce many of the challenging and disruptive behaviours that are prevalent in Australian primary schools. This will provide teachers and students with a safe and consistent learning environment, requiring far less time to be spent on 'crowd control'. This leaves teachers more time for teaching resulting in less stress for them and better outcomes for students. The OECD study detailing the high incidence of disruptive behaviour in Australian classrooms has highlighted the need for an effective program to be introduced to schools to manage behaviour.

Evidence suggests that the trajectory of children's difficult behaviour, when unchecked, usually results in worsening behaviour and an inability for children to successfully manage their emotions as they grow older. Whilst there are normal developmental improvements in children's ability to behave maturely, it is becoming apparent that teachers and parents need more knowledge and practical skills to help to nurture this maturation.

The 1-2-3 Magic and Emotion Coaching in the Classroom programme is a teacher-training course endorsed by NSW Educational Standards Authority (NESA) as providing Quality Teaching Council (QTC) registered professional development. This simple approach is currently widely used in Western Australia and Northern Territory with over 70 schools trained over a full day with 50 of those schools choosing to maintain the program with onsite coaching and follow up consultancy. This portable program can also be used in a single classroom, however it has proven most effective as a whole-school approach. Our aim is to roll out the program to all teachers in primary schools across Australia. It provides a consistent approach, where teachers use language and methods that are both common and predictable for staff and students which is easily transferable from the classroom to parent communities.

Emotion coaching is a complementary strategy to the behaviour management techniques of 1-2-3 Magic. Emotion coaching is where teachers show empathy, which helps children to identify with their emotions to become more competent at managing them. Children learn to respond with more flexibility to environmental triggers, increasing their emotional resilience. Emotion coaching also improves teacher/student relationships and when combined with the behavioural strategies of 1-2-3 Magic it leaves teachers with a balanced approach to managing behaviour whilst teaching children skills to improve their ability to self-regulate

Parentshop has been running 1-2-3 Magic and Emotion Coaching as a community-based parent program for 11 years and trained over 110,000 parents. It has been found effective in 4 recent research papers including reducing parent depression and

increasing parents' efficacy and confidence. The Hospital for Sick Children in Toronto conducted a large, controlled study using the 123 Magic video to train parents of 3-4 year olds. At the one-year follow up, not only were the children much better behaved, the parents experienced a significant reduction in parental stress, hostility and depression. Many schools who implement the program will facilitate courses for the parents and carers of their students.

1. <http://www.sciencedirect.com/science/article/pii/S0005796714000734>
2. http://www.ruralheti.health.nsw.gov.au/_documents/complete-projects/rosa_flaherty_report.pdf
3. <http://espace.library.uq.edu.au/view/UQ:270257>
4. <https://static1.squarespace.com/static/53176d81e4b0d5b56217a38a/t/53f090a4e4b05a8690c6d97c/1408274596917/BriefPsychoeducationalParenting.pdf>

The strength of this program lies in the flexible delivery options of live and interactive webinar series or face-to-face training to suit teaching timetables. New staff joining the school can be up-trained via regular webinar events. Resources are provided for a seamless and immediate implementation of the program with ongoing follow-up support for teachers delivering the program to ensure maximum effectiveness. It is a method-based program written by Michael Hawton, a former teacher and psychologist, using the latest research in behavioural science allowing the program to be used in a wide-range of socio-economic situations. The program and training can be readily adapted to suit a wide variety of educational settings including those catering to Indigenous and CALD students, ESL and special needs schools, language and development centres.

Please take the time to watch the below video to hear three testimonials from WA principals about some of the benefits and outcomes they have achieved at their three very different schools. These schools have integrated the program into their school communities for no less than 5 years.

Visit the link below.

<https://www.parentshop.com.au/primary-schools/teachers/>

The ongoing positive effects of introducing a consistent classroom management approach as primary students reach secondary school, will continue, as children face the difficult transition into adolescence. At Parentshop, we provide specialised development training that delivers effective behavioural solutions for all ages. We guide and support professionals in education, psychology, social work and family support groups, so they can effect behaviour change within their own organisations, and for their clients. Parentshop master trainers would work with government to recruit and train additional 1-2-3 Magic in the Classroom presenters to roll out the

training across all primary schools. Parentshop would consult with government to implement webinar training facilities throughout Australia to allow presenters to run regular training from their current location.

Parentshop has developed a number of complementary training programs for primary and secondary schools to continue to improve and manage behaviour of adolescents, staff and parents. To find out more information about Tough Conversations for School Leaders visit <https://www.parentshop.com.au/secondary-schools/school-leaders/> or Tough Conversations with Students visit <https://www.parentshop.com.au/secondary-schools/tough-conversations-with-students/>

For more information about this submission please contact Fiona Kable, General Manager on admin@parentshop.com.au or 1300 738 278.