

Being Cool in School



What is the Being Cool in School approach?

Being Cool in School is a programme for developing emotional literacy and teaching pro-social behaviour in children and young people. Developed by teachers in Fife Council, it actively helps children to:

- respect themselves
- get on with others
- cope positively with everyday situations
- show sensitivity and respect

<http://www.fife-education.org.uk>

Being Cool in School demonstrates that positive behaviour can be learned and practised. By modelling and adopting this approach, schools can provide all children with learning opportunities to develop these skills. The rationale incorporates the principles of Curriculum for Excellence outcomes for Health and Well Being, Restorative Approaches, Self Regulation, Rights Respecting Schools, Health Promoting Schools and Solution-focussed Approaches.

Why use Being Cool in School?

The skills that are developed through the programme are not only key to learning across the curriculum: they are also life skills which give children the best chance of growing up to be resilient, self-aware and responsible, with happy, healthy relationships.

How can it be used?

The programme uses cartoon characters, who 'grow up' with the pupils. Exercises and worksheets are provided, structuring discussion, reflection, games and role-play based on everyday school situations. These enable children to practise managing their behaviour and interactions with others in positive ways.



The programme is progressive and comprises 4 parts, each fully illustrated:

- **Infant** (P1/2), a robust A2 sized pack with a large attractive portfolio of illustrations
- **Middle** (P4/5), which includes A4 Pupil workbooks, re-usable Cool Comics and a board game
- **Upper** (P6/7) with A4 Pupil workbooks
- **What's Going On?** (mid/late S2), the secondary pack which includes A4 Pupil Workbooks and re-usable Pupil Activity Packs.

Each individual part of the programme contains a teacher's resource pack with accompanying CD which contains downloadable materials, guidance and templates for parents' leaflets, Powerpoint presentations and video clips for implementing the programme across the school community.

What is the impact of the Being Cool in School programme?

Evaluation is integral to the success and sustainability of the Being Cool in School programme. Each pack was piloted across a broad range of schools and rigorously evaluated by Fife Council's Psychological Service. Evaluations have consistently shown:

- Positive impact on pupils' social skills and confidence (in class/playground)
- Positive impact on whole class behaviour
- Increasing confidence of staff in delivering this area of the curriculum
- High levels of accessibility and enjoyment for all involved
- Improved whole-school ethos
- Positive impact on parents, with evidence of 'Cool' language and behaviour being transferred to the home environment.

What about training?

We strongly recommend training in the programme prior to implementing the pack – an important factor in the success of the programme is planning for its influence as a whole-school development. Identifying and developing an appropriate action plan, including the evaluation of specific expected outcomes for pupils, staff and parents, is a key part of the training. Materials on the CD also provide advice and guidance on this training model. Members of the Scottish Government's Positive Behaviour team are trained to deliver this resource to schools/clusters outwith Fife. To obtain local training for staff in Being Cool in School, please contact your regional team member by accessing the relevant page on the LT Scotland website.

(<http://www.ltscotland.org.uk/positivebehaviour/about/index.asp>)

How much does it cost? Excluding post and packaging,

Infant pack – box, A2 prints, a teacher's resource pack, CD £250

Middle Primary – one class set of 20 Pupil workbooks, 20 Cool Comics, 5 board games, a teacher's resource pack, CD £100

Upper Primary – currently being updated, one class set of 20 Pupil workbooks, a teacher's resource pack, CD £100

In addition, an alternative class set of 20 Pupil workbooks, (entitled Staying Cool in School), a teacher's resource pack and CD is available on request to schools where pupils have already worked through the Middle Primary stage £100

What's Going On? – one class set of 20 Pupil workbooks, 20 re-usable resource packs, a teacher's resource pack, CD £75



To find out more, contact Isobel Triay, CPD Development Officer, Fife Education Service. E-mail isobel.triay@fife.gov.uk.

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