



SUMO4SCHOOLS SECONDARY TRAINING RAISES ASPIRATIONS AND IS A POWERFUL STRESS AND BEHAVIOUR MANAGEMENT TOOL FOR BOTH PUPILS AND STAFF.

Raising aspirations is the key to improving pupil motivation, behaviour and grades.

The aspirations of both the teachers and the pupils are sometimes a major limiting factor on what the school will achieve. If the student doesn't aspire to succeed then there is no motivation to succeed, or if the staff believe the student will not succeed it impacts the levels of pace, learning and success.

Clearly if we can change this view and enable the staff and student to discover a real desire to achieve, then the whole approach to the life of that school can be transformed.

And this is what the Introduction to SUMO Training is about.

Day One focuses on the six SUMO principles and how they can impact the behaviour and aspirations of both students and staff. Each SUMO principle is packed full of wisdom and ways in which they can manage their thinking, emotions, stress and learning. Day Two focuses on the delivery of the principles and how the Lead Practitioners can implement the programme in their school with confidence. It also gives them insight into how SUMO supports the national strategies of PLTS, SEAL, ECM, and extended schools as well as explores the theories behind the simplicity of the SUMO life impacting philosophy.

Mr. Flood , Headteacher of Norden High School said

"SUMO is the best personal leadership programme I know. It enables everyone to take responsibility for their actions and responses to life's challenges."

LEAD PRACTITIONER TRAINING BENEFITS:

Using the training in school

The information you gain on the course will be extremely practical. You will be able to implement the benefits immediately.

You will also be able to buy additional resources to implement the skills with pupils which will extend the impact of the training – but that doesn't change the fact that at the end of the course, you will leave with the knowledge that allows you to manage the behaviour and stress levels your students.

Also, attending the Lead Practitioner course will increase your confidence to deliver the learning to other colleagues.

The difference you will notice from day one

The moment you return to your school you will find that you have an increased understanding of how you can manage the stress created by the pupils more successfully and how the school can create an empowering learning environment.



You will gain a personal understanding of how the students can move on from blaming others for their lack of engagement to being responsible for their learning and behaviour. It will give you real tools to help take control of your thinking and emotions and how you can manage them to reduce your own stress levels.

The difference you will notice over time

Through using the SUMO resources and through your communication with colleagues and your work with the students you will begin to see...

- **A lowering of the stress levels among teachers who work with these students**
- **Increased student responsibility and improved achievement levels**
- **The growth of a caring community feel where confidence and self esteem is evident**
- **Motivation by the staff to really want to make a difference in the lives of the pupils through their teaching and an increased ability of the school as a whole to create a SEAL programme that works**

Who will benefit from the course?

The course is of benefit to anyone working with learners who has responsibility for pastoral care and behaviour management as well as those wanting to learn to manage stress and conflict. (The issues are often addressed through PSHE, Citizenship or SEAL). Also, because this is an excellent behaviour management tool, Inclusion Workers and Learning Mentors have really found the training beneficial and have transformed the way they work.

INTERNAL STAFF TRAINING BENEFITS:

- **Equips staff with an innovative behaviour strategy that empowers the students to take personal responsibility for their learning and behaviour.**
- **Empowers the staff to deal with their own stress and as the training is delivered in a fun, interactive way, this helps build the staff team.**
- **Equips staff to deal with conflict and poor behaviour.**
- **Empowers the staff with confidence to reflect on their own thinking and aspirations.**

What others have said

"I thoroughly enjoyed the SUMO training, it was fun, insightful, engaging and enabling. I came away feeling like I could make a difference to both the staff and the pupils."

Zoe Perkins, SEAL and Behaviour and Attendance Consultant

"A number of staff came to see me after the presentation to tell me how it had inspired them... SUMO will promote a more positive, motivated, understanding atmosphere around school which I am sure will benefit learning and teaching and ultimately results."

Darren Pacey, Assistant Head at Norden High School. Blackburn

