

# The Reflecting Element

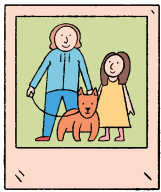
Reflection is an important part of the process. This is where you can take time to reflect on all of the elements and the reflective questions throughout.

Use the review section of the Solution-Focused Goal Setting Tool to consider the following questions:

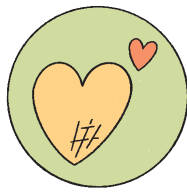
- What have you been pleased to notice?
- What has been better?
- Who else has noticed these changes?
- What difference has this made?

## Using the School Self Evaluation (SSE) Process to Implement NCSE Relate

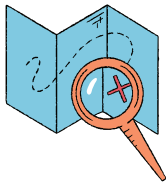
Reflection as a whole school community is also critical for change and the School Self Evaluation (SSE) process will support school-wide review of relational approaches. Making a change in a classroom is a start but sustained change happens at a school-wide level and leadership teams may use this document to implement school-wide change using the SSE process as guidance.



The Understanding Element



The Relationships Element



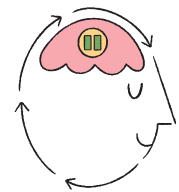
The Exploring Element



The Classroom Element



The Teaching Element



The Reflecting Element

Use your reflections to inform the next steps in support for the student and to consider what you now know if you go back to The Understanding Element.

As emphasised throughout NCSE Relate, teacher wellbeing really matters. You can't pour from an empty vessel. Reflect on how you will manage your own regulation so that you can be an effective co-regulator to your students.



At times it can be challenging when you are supporting an individual and some elements of the support required are outside of your control. It's important to focus on the scope of your practice as an educator and continue to work on the things you have the power to change. Use the prompt below to help you to 'Pause and Process Your Power'.

## Pause and Process Your Power

### Things I am Powerless to Change

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- 
- 

### Things I Have the Power to Change

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- 
- 

### Toolkit



Solution-Focused Goal Setting Tool – review and reflection page



Every Moment Counts: Nurture Yourself Tool



Reflective Practice through Mindful Moments: Integrative Movement with Dr Dan Siegel

### Students say...

Consistency across school is so important, it would be great for school staff to agree on some things that are done the same way by everyone, e.g. how homework is given, using visuals, etc.



It would be great for school staff to have a simple communication system so that we don't have to advocate or explain our needs to each staff member, this can feel exhausting.

### Practical Strategies

- Keep a reflective journal for your notes, observations and ideas
- Reflect as a classroom community, ask the students what they need to become expert learners
- Join a community of practice through your local education centre or through an NCSE seminar to reflect with peers
- Reflect with a colleague if you have travelled through the 3 Phases of Support with a student.

### NCSE TPL



Understanding Behaviour

Pathways to Prevention

## Solution-Focused Review and Reflection

What have you been pleased to notice?

What difference has that made?

What else has been better?

What difference has that made?

Who else has noticed these changes?

What difference has this made?

What might the next signs of change be?

# Notes and Reflections

