

Dear Colleagues,

I wrote this piece some time ago as part of an approach to behaviour and learning however in the light of recent events in many of our cities it have may have greater resonance. Any comments would be welcomed.

SF3R: A formula for behaviour, learning and life

The key principles and patterns of management remain timeless and never go out of date. The essential needs of children and young persons will always remain the same even in the age of mobile phones, face book and twitter.

The pillars of good teaching and parenting can be summed up in the formula SF3R

What is SF3R?

S stands for Structure which is in essence the values, rules and systems, those children and young people need in order to make sense of the world around them. Structure allows children and young people to feel safe, stable and creates security in their lives.

Structure means developing clear boundaries and expectations and requires consistency and specific rituals to be most effective

F is for Flexibility, where adaptation to a range of different circumstances will complement the structure in our lives. Flexibility when applied successfully will allow freedom, opportunity and fun for all involved.

Flexibility requires an appreciation of different people and cultures. It is inclusive and is the reason why fairness is not giving everyone the same but giving people what they need

The 3Rs are the means of selling, supporting and sustaining the long term the success of Structure and Flexibility.

R is for Rapport which requires people skills including the effective use of praise and the power of active listening. Successful rapport results in trust and respect for people for who they are and not who we wish them to be

Rapport creates respect, trust and self esteem between people

R is for Relationships which are the lifelines for human beings to connect with each other in order to make sense of the world around them

Relationships need partnerships with people and ways of keeping those partnerships positive and productive

R is for Role Models as everyone listens and looks for guidance from someone, Role Models provide direction and purpose and were themselves successful graduates of SF3R

A Role Model is someone who appears to do the right things for the right reasons at the right time

Teaching and raising children is not rocket science but neither is it easy and straightforward. Common sense together with a series of rituals and routines will provide the long term dividends in successful outcomes in learning and behaviour both in school and at home.

Children and young people are not robots (nor would we wish them to be) and as a result challenges to structure and routine will take place. This is where creativity and patience will need to occur in order to navigate the trials and tribulations of life both at school, at home and with interaction with peers.

People will always need others to model good practice and to help them to understand and experience their successes and failures. People must have guides to facilitate and develop balanced and trusting relationships.

For teachers and for parents whose role it is to nurture and direct this process it will not be a case of "*inspiration but more often perspiration*" or as the star golfer Gary Player once said....."*The more I practice the luckier I get*".....you really can't put it any better than that,

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