

# CRESST News

For Heads,  
teachers and  
support staff

For everyone  
interested in  
social  
transformation

Summer 2011

## Conflict Resolution Education in Sheffield Schools Training

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### “Is it OK to hit someone if they hit you first?”

This and many other important questions were raised by pupils at St Joseph’s Catholic Primary School when they enjoyed a **programme of conflict resolution lessons with CRESST**. The children worked in a circle and used role play, drama, discussion and other fun activities to explore the issue of conflict and how best to manage it without violence and aggression. One memorable lesson had us considering the question “Is it OK to hit someone if they hit you first?” Very P4C! (Philosophy for Children) We practised assertive non-violent responses to someone hitting you after considering the possible consequences of hitting back. CRESST workshops support speech and language development throughout the school.

#### Peer mediation

CRESST will help your school set up a peer mediation service. Peer mediation is a scheme that takes circle time learning about conflict from the classroom out into the playground and beyond.



The peer mediation service at St Mary’s C of E Primary School in Walkley was launched with a fantastic assembly (written by one of the mediators).

## What do peer mediators do?

A peer mediator offers to help other pupils to sort out minor fall-outs and playtime problems. Mediators do not tell people what to do or take sides. They use a simple mediation process that offers all concerned a chance to have their say, be listened to and then problem solve. CRESST offers training for staff and pupils and on-going support for schools to help maintain their scheme.



The mediators at Coit Primary School enjoyed their training sessions. Best practice guidelines state that peer mediators should receive no fewer than ten hours of training.

*"The training these youngsters receive is well worth the time and the effort. The skills taught will be very useful for them throughout life" Parent helper at Coit*

## What is a whole school approach?

**A whole school approach** to conflict resolution means that the training will have more impact and the impact will be more sustainable.

The challenge for schools is to involve all their stakeholders e.g. parents, governors, students etc. to develop a shared understanding of conflict and identify the priority actions needed to develop a culture where people are not afraid to speak out if they have concerns. Problems are discussed and resolved rather than treated as personal insults.

Diane Wilkinson and headteacher Steve Arbon-Davis initiated a whole school approach at Nook Lane Junior School. It has been so successful that parents are asking for more workshops.

*"If we are not modelling what we are teaching we are teaching something else".*



Diane Wilkinson and newly trained peer mediators at Nook Lane Junior School





A parent group at Byron Wood received training in CRE (Conflict Resolution Education) as part of the family SEAL programme. - *"I think everyone should do this training. I especially want my husband to come to the session for men."* group member



**Youth Workers in Rotherham received training in conflict resolution.**

The CRESST philosophy is that everyone involved with young people will be helping to "educate" them. Therefore everyone involved with young people would benefit from training in conflict resolution. "This training will change my life" said one attendee. "I will use it in my personal life and at work"

**Student teachers from Sheffield Hallam University attended Conflict Resolution Education workshops at the CRESST training room in Scotia Works.**

Conflicts often arise when people are trying to manage the behaviour of others. Teachers, parents and managers need to be experts when dealing with conflict.

"I feel more confident now that I understand what conflict is. I am now aware of the skills I need to develop to get the cooperation of others because without that you struggle in all aspects of your life" – *Student Teacher.*



## Dates for Your Diary

### An Introduction to Conflict Resolution

This one day course explores the nature of conflict, the key skills of self expression, empathy, cooperation, problem solving and mediation (including peer mediation). For teachers in primary and secondary schools, learning mentors, PSHE/Citizenship co-ordinators, behaviour support staff, **all** adults that work with children and young people.

The day will address conflict resolution awareness, develop the skills needed to successfully manage your own conflict and also provide ideas and activities to educate and support young people.

**Dates:** 14<sup>th</sup> July/29<sup>th</sup> September/25<sup>th</sup> November 2011 (check out our website for further dates)

**Venue:** Scotia Works, Leadmill Road (near the train station)

**Cost:** £80

Contact the CRESST office telephone 0114 241 2745 or email [admin@cesst.org.uk](mailto:admin@cesst.org.uk)

#### Junior Peer Mediators' Conference

19<sup>th</sup> October, 2011

Quaker Meeting House, Sheffield.

Places are free - book now by calling the CRESST office on: 0114 241 2745.

#### Training the Trainers

– a three day course to train people to set up a peer mediation scheme.

25<sup>th</sup> November, 1<sup>st</sup> and 2<sup>nd</sup>

December 2011

Do you want to set up a peer mediation scheme?



People enjoy receiving their end of course certificate after attending "Introduction to Conflict Resolution Education" training day. Training is held regularly at Scotia Works. Check out the CRESST website for more information [www.cesst.org.uk](http://www.cesst.org.uk)

CRESST Co-ordinator Cheryl Smart delivered training in Conflict Resolution Education and Peer Mediation to the Access to Learning Team in Stoke-on-Trent.

*"On a personal level – a positive understanding of how I deal with conflict. On a professional level - practical steps to set up peer mediators with fun examples."*



### CRESST Funding

A big thank you all our supporters and funders. In the last year we have received funding from:

The Garfield Weston Foundation, Big Lottery Reaching Communities, The Harry Bottom Charitable Trust, The Scurrah Wainwright Charity, the Yorkshire & Clydesdale Bank Foundation and the Sheffield Quakers.

#### Could you give a small amount to CRESST?

One simple way of donating to CRESST is by text – just text CRES11 £5 to 70070 (Other amounts can be inserted - £1, £2, £3, £4 or £10.)