

Dear Parents,

Victoria Nursery is delighted to be involved in the 'High 5 study' which promotes a positive **behaviour management programme** at school and at home.



The High 5! Study

Victoria Nursery values our relationship with parents and every year we run parent courses which promote positive behaviour at home. However due to the COVID-19 restrictions it will be difficult for us to facilitate our usual programme of courses.

Instead we would like to offer parents the opportunity to be involved in a free 5 week programme called High 5. This is a home and school positive behaviour management programme which will support us to promote positive behaviour through effective use of:

- Play
- Praise
- Commands
- Rewards
- Consequences

Positive behaviour programmes can:

- Increase adults understanding and confidence in the use of positive strategies to manage inappropriate behaviour
- Support children to behave in a more positive or appropriate way
- Help decrease levels of adult stress associated with managing inappropriate or negative behaviour.

The High 5 programme is currently being developed as part of PhD research at Queens University and therefore parents are required to sign up to the programme, complete a consent form and questionnaires.

As part of the programme you will be given a free handbook with , positive behaviour resources and have access to online High 5 parent webinars.

This 5 programme will begin after Halloween and we would encourage as many parents to complete the consent form so you can begin this positive behaviour management programme.

If you require more information please speak to school staff.

Thank you
Orla McAllister

