

Parents — Positive Behaviour Support (PBS)

At Ysgol Cambrian we use a Positive Behaviour Support (PBS) approach across the school. PBS is an ethical, evidence-based framework for understanding and supporting pupils' behaviour by focusing on quality of life, wellbeing, proactive strategies and the teaching of new skills. It is a major shift away from traditional "managing behaviour" and instead focuses on understanding the reasons behind behaviour and meeting unmet needs.

PBS helps us see behaviour as a form of communication, especially for pupils who experience barriers with language or regulation. We work in partnership with families to create consistent, supportive strategies that help pupils feel safe, understood, and successful.

What is Positive Behaviour Support (PBS)?

PBS is based on the science of behaviour and is driven by strong values:

- Every child has the right to be treated with dignity, respect and compassion.
- Behaviour is not something to eliminate, but something to understand and respond to.
- We look at what the behaviour is communicating, what the child needs, and how we can best support them.
- Positive relationships, trust, emotional regulation and communication are at the heart of PBS.

Understanding the Function of Behaviour

All behaviour happens for a reason. PBS helps us identify the function of behaviour so that we can reduce distress and teach more helpful ways to communicate needs.

Through assessments and observation, we explore whether behaviour is linked to:

- **Es**
- **cape** (avoiding tasks, situations or demands)
- **Attention** (seeking interaction or connection)
- **Access to tangibles/activities** (wanting something meaningful or motivating)
- **Sensory needs** (seeking or avoiding sensory input)
- **Medical or physical discomfort** (pain, illness, medication effects)

By understanding the "why", we can make meaningful changes that improve your child's daily experience.

What Support Will My Child Receive?

Instead of traditional "behaviour plans", pupils who need personalised support may now have a PBS Support Plan, developed through:

- Information collected from families, staff and professionals
- Observations of the child across the day
- Understanding communication preferences
- Identifying triggers, stressors and sensory needs
- Looking at the child's strengths, interests and motivators

These plans are positive, proactive and individualised

They include:

- Proactive strategies to prevent distress
- Strategies to support emotional regulation
- Ways to make the environment more comfortable and predictable
- Skills teaching — so the child learns a safer, more effective way of meeting their needs
- Co-regulation and relational approaches
- Any agreed crisis strategies if required

Your child's PBS plan will be shared with you and reviewed regularly.

How We Work with Families

PBS is most effective when we work together.

You will be:

- Invited to contribute to the PBS plan
- Asked for insights about your child's likes, dislikes, routines and needs
- Updated regularly
- Encouraged to share strategies that work at home
- Supported with ideas that promote calm, connection and communication

We recognise that you know your child best. Your voice is vital.

What Strategies Do Staff Use?

Staff use a wide range of proactive and preventative strategies, including:

- Predictable routines
- Visual timetables
- Sensory regulation breaks
- Emotional check-ins
- Reducing environmental stress (noise, transitions, busy areas)
- Providing choices
- Preferred communication approaches (PECS, signing, AAC, simple language)
- Joining the child in their interests
- Ensuring the curriculum is meaningful and achievable

Teaching Strategies

- Teaching new communication skills
- Teaching coping skills
- Teaching ways to ask for help or breaks
- Social stories and modelling
- Teaching functional alternatives to behaviours of concern

Responsive Strategies (During distress)

- Staying calm and connected
- Using co-regulation
- Reducing demands
- Removing triggers where appropriate
- Keeping the child and others safe

Physical Intervention (Only When Absolutely Necessary)

While our PBS approach dramatically reduces the need for physical intervention, there may be rare situations where a child needs help to stay safe.

If this occurs:

- Only trained staff may intervene
- Only recognised **Team Teach** techniques are used
- Intervention is always the **last resort**
- Parents are always informed
- A Positive Handling Plan (PHP) will be completed for pupils who may require intervention

Our Commitment

At Ysgol Cambrian:

- Every child is valued, respected and understood
- Behaviour is seen as communication
- We focus on relationships, connection and wellbeing
- We teach skills for life, independence and emotional regulation
- We work in true partnership with families

PBS helps us provide the best and safest support for every child — enhancing their learning, wellbeing and quality of life.

Our Ethos

Ysgol Cambrian is working towards being a Rights Respecting School and a Healthy School.

Rights Respecting School

We follow the UNCRC and ensure pupils learn about their rights and the rights of others.

Key articles include:

- Article 12: Every child has the right to be heard
- Article 28: Every child has the right to an education
- Article 29: Education must develop every child's personality, talents and abilities
- Article 42: Children have the right to know their rights

Healthy School

We promote physical, emotional and social wellbeing for pupils, families and staff

School contact:

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Parents/Carers' Guide to Positive Behaviour Support

**“Growing Confidence, Celebrating
Differences, Becoming Our Best”**

