



BUZ - SOCIAL AND EMOTIONAL WELL BEING LEARNING IN SCHOOLS

In the last 12 months over 10,000 children throughout schools in WA have undertaken a BUZ program.

BUZ is based on significant identified theoretical frameworks and the scientific evidence in those frameworks. These include: strengths based practice; positive psychology; positive emotions; emotional intelligence; and restorative justice.

The strengths of the BUZ programs are many, but in particular:

- Children enjoy the programs, they get it!
- A deputy at one school said that BUZ has a "warmth" that other programs don't have.
- Children feel empowered by the skills they learn in the program and can see the benefits of putting these skills into practice in their own lives.
- Teachers give feedback that their classrooms are calmer and more respectful.
- Parents hear about what the children are learning from the children themselves as they talk about it in their homes.
- Children take home a manual that connects their learning from school – home.
- Children say BUZ is 'FUN' – Because children learn well through play - if they say something is 'fun' it usually means that it is enjoyable and that they are getting value out of it.

PROGRAMS

There are 7 BUZ programs and a number of other initiatives and resources that can complement the programs.

4 of the programs teach children the core BUZ skills each building on previous learning.

- **PP/yr 1 - BUZ Today** - the basics in handling feelings (emotional intelligence) and friendship skills including conflict resolution.
- **Yr 2/3 - BUZ Friends** - self management, feelings, making and keeping friends, incl conflict resolution and bully proofing.
- **Yr 4/5 - BUZ Together** - skills for cooperation with and working with others, emotional intelligence, conflict resolution and bully proofing.
- **Yr 6/7 - BUZ Power** - personal and group power. The skills for personal power and valuable life skills.

These programs have been tried and tested in many classes and schools over the last 14 years. The other 3 programs have more specific targets.

- **BUZ Feel Safe Feel Right** - is a protective behaviors program aimed at children in the important formative years teaching basic but essential skills to keep themselves feeling safe and feeling right.

- **BUZ Hope** - is a very powerful and proactive Grief and Loss program that aims to help children build the resiliency skills to handle the tough times in their life before rather than after the event.
- **BUZ Rangers** - Playground Leadership and Peer Mediation Program - this program aims to train a team of peer leaders in the school to provide positive role models and influence in the playground to make it a friendlier and safer place for all children.

Our evidence shows that the more BUZ initiatives in the school the more positive effect it has in the school culture and sense of positive community.

AT THE TOP OF THE CLIFF

BUZ is proactive. Rather than waiting for a 'problem' to arise and then implementing a program to fix the problem, BUZ develops in children the skills to build personal well-being and positive community. The programs have been designed specifically to work well in a classroom setting with the whole class, helping to provide a positive environment (i.e. a Build Up Zone)

TRAINING AND PROFESSIONAL DEVELOPMENT

BUZ offers a number of training opportunities:

- BUZ Premium Training (2 days) Certificate in BUZOLOGY (The 5 nutrients for social and emotional wellbeing)
- BUZ Standard Training (1day) – Intermediate training in BUZOLOGY
- BUZ Basic (3 hours) for whole school staff – Basics in BUZOLOGY
- BUZ Programs training 5-7 hours for each of the programs (Standard or Premium training are prerequisites)
- BUZ PD – A variety of PD sessions for school staff and parent workshops. (1.5 hrs)

Also see the following documents that can be downloaded from the BUZ website www.buildupzone.com

- BUZ Life Skills Programs for schools brochure package
 - With information and outcomes of the programs
- A Comparison of the Australian Curriculum Outcomes for Personal and Social Competence and the BUZ Nutrient Outcomes
- A sample of outcomes and links to the WA curriculum framework from the BUZ Together program
- Well Behaved vs Well Being - a paper by Steve Heron written for the Positive Schools new book "Better Than OK" with submissions from 25 presenters at the Positive Schools Conference over the years.

Steve Heron – the Founder of BUZ and Nurture Works was a Western Australian finalist in the Local Hero category for Australian of the Year in 2015 and Finalist in Western Australian of the Year Community Section 2105



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