**The Emergence of BUZ Programs in Primary Schools in Western Australia**

In 2001, Nurture Works, an initiative of St Mary’s Community Care embarked on a project with the vision of “Growing confident children in a positive environment.” This lead to many initiatives by the local Busselton fledgling organisation. These initiatives expanded into the communities in the South West of WA. Thus BUZ – Build Up Zone was born.

**BUZ SCHOOLS SHOWS**

One area of involvement in the community was through local schools. Nurture Works presented a series of BUZ school shows on social and emotional learning themes covering areas such as bully-proofing, conflict resolution, friendship skills, self confidence, restorative practices and emotional competence. Many schools in other country areas and in the metro area heard about these shows and became involved. It is estimated that over the 10 year period over 50,000 children saw a BUZ Shop at their school.

**BUZ SCHOOLS PROGRAMS**

Alongside these shows the BUZ team developed and offered schools in the South West a series of engaging and effective programs on Social and Emotional Learning as well as vibrant resources. These programs were having a tremendous impact in the schools who reported on their effectiveness.

**YOUTHCARE and NURTURE WORKS PARTNERSHIP**

With an exponential increase in the number of Chaplains now working in State primary schools it became apparent that these Chaplains were looking for skills and programs that would directly impact on the expectations of their schools to help children with their social and emotional well being.

In 2009 YouthCARE approached Nurture Works with the view of forming a partnership to train chaplains in the BUZ Life skills (BUZOLOGY) and as facilitators of the BUZ Programs in their schools.

This project commenced at the beginning of 2011 with the first half of the year devoted to development of the training, facilitator’s manuals and materials for the programs. The first training session wall rolled out June 2011.

In the past 18 months:

96 YouthCARE Chaplains, 7 DoE Staff, 5 Private School Staff and 11 others have completed the BUZ Core Training. Many have undergone the subsequent program training of offer. A total of 187 trained to facilitate one or more of the BUZ Programs on offer.

5000 children have participated in BUZ Programs. This figure is predicted to double in 2013.

**THE UNIQUE ROLE OF THE CHAPLAIN**

In most schools Chaplains are in a unique role of being an extra staff person that can spend time on developing the social and emotional well being of children in the school community. Many schools have taken advantage of this and enabled opportunities for Chaplains to conduct social and emotional learning and values programs in classrooms. The Chaplains can take up the role as a specialist in this area.

**BUZOLOGY**

THE BUZ Life Skills Core Training is based on the following Identified theoretical frameworks:

1. Strengths Based Practice
   * The work of St. Luke’s Innovative Resources and “The Strengths Approach” by Wayne McGashen.
2. Positive Psychology
   * The work and research of Martin Seligman his books “The Optimistic Child” and “Authentic Happiness”.
3. Positive Emotions
   * The work and research of Barbara Fredrickson and her book “Positivity”
4. Emotional Intelligence
   * The work of Daniel Goleman and his book “The Brain and Emotional Intelligence.”
5. Restorative Justice
   * The work and research of Ted Watchell and his book “Real Justice” and the work of Terry O’Connell.

Also included in the BUZ Core Training some aspects of:

* Mindsight, Change Your Brain and Your Life - Dr Daniel J Siegel
* Shame and Pride, Affect, Sex and The Birth of Self – Donald I Nathanson
* Quality Circle Time – Jenny Moseley
* The Brain Rules – John Medina

**BUZOLOGY**

These identified theoretical frameworks are blended into the book “BUZOLOGY” by Steve Heron, the creator of the BUZ Initiatives and programs and the Founder of Nurture Works. BUZology is a compendium of the ingredients that help create a positive environment that nurtures children to holistic well being. It is a delightful compendium of the practice wisdom that Steve Heron has collected, experimented with, questioned and anguished over for several decades.

**THE BUZ CORE TRAINING**

Two days of basic BUZology training provides a springboard for training in the suite of BUZ school programs. On completion of the two day training the participants receive a Certificate in BUZology.

The course covers:

* Powering Hope in Children
* The Power of the BUZ Circle
* Building Strengths
* Positive Psychology
* Emotional Competence Skills
* Conflict Resolution
* Restorative Practices
* Bully-proofing

The course explores the **5 BUZ Nutrients**

(Keys for developing emotional & social well being in children)

1. Connectedness (Relationships)
2. Confidence (Resilience)
3. Compassion (Respect)
4. Control of Feelings (Emotional Competence/Self Regulation)
5. Conflict Resolution (Restorative Justice)

The BUZ outcomes have direct correlation with the 9 Values for Australian Schooling and the WA Curriculum Framework Values and the ‘CASEL’ Student outcomes for social and emotional learning promoted by Kids Matter.

**THE PROGRAMS**

The suite of BUZ Programs on offer includes:

* BUZ Today for Pre Primaries and Year 1's
  + (Building blocks for friendship and feelings skills)
* BUZ Friends for Years 2 and 3's
  + (Making and keeping friends, handling feelings and overcoming friendship problems)
* BUZ Together for years 4 and 5's
  + (Cooperating with others, relationship skills, feelings management, Conflict Resolution and Bully-proofing)
* BUZ Power for Years 6 and 7's
  + (Personal and Group Power – Important skills for life)
* BUZ Rangers - Playground Leadership and Peer Mediation Program
  + (Upper primary Leadership)
* BUZ Feel Safe Feel Right - Protective Behaviours for years 1 to 3
* BUZ Hope for Years 4 to 7 – Overcoming the Storms in Life –
  + (Grief Loss and Change Program)
* BUZ programs are creative and colourful – to attract interest and make the experience of learning social skills positive and enjoyable for children.
* BUZ programs are child friendly – kids enjoy doing the program and see it as being positive and fun. They relate to BUZ – the program mascot.
* BUZ Programs are compact – easy to use by a facilitator (Chaplain or teacher).
* BUZ Programs target particular skills training, to enable children to put into practice the skills they learn, embracing latest brain science and how children learn.
* BUZ Programs present a useful framework that allows all staff to enjoy the same pedagogy, approach and common language.

**THE THIRD YEAR**

* 2013 will be the third year of the Combined YouthCARE/Nurture Works project to roll out BUZ programs in Primary Schools in Western Australia.
* Tremendous goals have been achieved, with an anticipate increase in uptake throughout the year.
* At least 50 more chaplains doing the BUZ Core Training
* At least 100 more facilitators for specific programs trained.
* Over 10,000 students in approximately 400 classes participating in BUZ programs.

**CHALLENGES**

* To get the full support of schools, principals and staff.
* To have suitable evidence base for the BUZ programs to access it effectiveness, to find funding for this.
* To help schools overcome the financial hurdles that they are presented with in implementing the programs. Mostly in relation to priorities in the school.
* To find corporate sponsorship to offer the programs to schools at a subsidised (sponsored) cost.
* To draw up short and long term planning for the ongoing development and expansion of the programs in schools.
* To entice more Private Schools to take on board the BUZ Programs.
* Registering with Kids Matter
* Providing training opportunities for country school chaplains.

**SOME FEEDBACK ABOUT THE BUZ CORE TRAINING AND THE BUZ PROGRAMS**

**CHAPLAINS**

* I cannot say enough about the BUZ program. Of all the training I have done, this one exceeds all others by far. It covers a variety of life skills that children need, including grief and loss, friendship skills, bullying, handling feelings and so forth. The program has given me resources to be able to work with my students more effectively, and all of the information given to the students is based on leading psychological theories, but put into "kid speak". This means that it really works because the kids understand it better, and it has really helped me to understand it better as well! The best part about it is that they learn while having fun! I recently ran the BUZ Rangers and BUZ Power programs in my schools, and the students continually say, "this is a lot of fun!"

Tim Mullen (BA in Social Science - Youth Work)

* It was most worthwhile PD I have attended since becoming a school chaplain 2 years ago (formerly I have been a Librarian and a Nurse) because it gave me a language to speak to kids and practical skills to use to help them relate to each other more positively.  I look forward to enrol in further programmes which will give me tools I can take into classrooms.

Rae Witham

* In a world full of theory it's great when the training program delivers the practical process as well as the theoretical motivations.

Tarryn Wright - BSc (Psych, Honours), M Counselling

* I am currently doing the Buz Friends Program 3 times a week with the year Twos. I am so amazed that this particular level encounters social issues in such a real way.   
  It is a privilege and ultimate joy to see the effects of the BUZ program on the children.

The BUZ Friends Program helps me practice what I preach.

Audrey Crompton

* The BUZ CORE training has been incredibly helpful in how I approach dealing with individual students. I am now better at listening to them, better at offering good advice, asking the right questions, and being helpful in general. I was also able to use the knowledge I gained from this learning experience to pass onto staff that I work with. The BUZ programs have been fantastic. It is clear that they are tailored well to suit the age-groups they're targeted at, and I always have kids coming up to me saying, "When are we next doing BUZ?" They have told me that they have a lot of fun, and it is also very clear to me that they are learning from it. Many kids now know how to deal with fights better than before, and they seem to be better at dealing with their own emotions. I was in one class where we had just finished covering the BUZ Hopscotch (in BUZ Friends) and two girls had just started to have a fight over a pencil. The teacher instantly started to guide them through the Hopscotch method, and involved the whole class so they could see that it works in real life too. The girls walked away from that feeling really happy because they had a good result, and the teacher told me that usually that would become a very big problem because one of them would start saying that the other doesn't like them. It was clear that the Hopscotch method works!
* BUZ Protective Behaviours particularly well received by staff and students.

Teachers are very positive about BUZ Feel Safe Feel Right program. Good feedback from parents too. BUZ Feel Safe Feel right program works beautifully and the children get it!

* BUZ's range of programs are practical, engaging, interactive and easy to run. Students learn about their strengths and how to interact positively with each other, they are (em)powered to take responsibility for dealing with conflict and learn strategies for handling and preventing bullying. It's exciting to watch the light-bulb moments when kids 'get it' and realise that the knowledge was in them all along.

The children’s feedback was wonderful, with many kids indicating that they'd grown in confidence, team-work ability and also that they were more willing to try new things - they weren't going to let fear of mistakes hold them back. Love it!! Mel Davey

* Today I mentioned to a student that his shoe laces were undone, his classmate said to him "that's a red situation". This class has recently done the Feel Safe, Feel Right program and I can see that they have really taken it on board and applying it to all sorts of situations. It brought a smile to my face. The kids look forward to every BUZ session and we had a great conversation about being a star with the 6/7 class who are doing the BUZ Power program.
* Have done BUZ Feel Safe Feel Right in 4 classes and have six more to do - all years one, two, three. Have had positive feedback from teachers - the children are kept interested and have enjoyed the program. Teachers have found the content good - both topic and variety of presentation. Personally I enjoyed teaching the program. It is very well set out and easy to follow.

**CHILDREN**

* "I used SNACK to make a new friend in the pool while on holidays overseas!"
* "I loved all the games; we had lots of fun and didn't even realise we were learning stuff"
* "Hopscotch helps me fix problems before they get too big. Sometimes we don't even have to get a teacher!"
* "The stories were funny and repeated what we learned in BUZ"
* "I really enjoyed the challenges, and especially that we didn't fight in our groups like we normally do."
* "I liked that we all had equal say and everyone respected each other."
* “I like BUZ Hope because: -it’s really fun; it helps me feel better when I’m sad; its awesome; there are nice friendly talks; it’s cool to learn about all the hope feelings; it helps me feel more confident; it helps me solve the storms in my life; it helps you talk about feelings and other stuff; it’s good to learn about light and dark feelings; you can talk about your feelings without getting laughed at or teased; I like the games we play; sitting in a circle helps us get to know more about the others in our class; it’s the best thing to get your worries, fears and black clouds out of your mind; rainbows are beautiful, they give us hope; it helps me get through my problems in life; it makes me feel happy; it’s fun and we learn lots of good information.”

**TEACHERS**

* Absolutely loved the program and especially the enthusiastic presenter!! Everything in the program is well done! I constantly use the Hopscotch and 5 strategies Walk Talk Bounce Get Help Bully Shield with the children. They are able to quote these steps of conflict resolution to me! I especially love the fact that the children understand the 'power shift' scenario in 'Bullying' and this motivates them to take action to rectify their own situation.

Mim's response (teacher of yr 5/6 class - we did BUZ Together)

* I thought the BUZ program was fantastic. Children were exposed to and given strategies in dealing with certain situations. Hopefully, they will implement and use these strategies throughout their life. Congratulations to all involved in this course.
* The BUZ program has really given my students the power/strategies to deal with problems that occur both in the classroom and playground. The rehearsed sayings have stuck in their heads. The program was definitely worth doing.

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CLARKE Shelley [Thornlie Primary School]

The Buz program has really given my students the power/strategies to deal with problems that occur both in the classroom and playground. The rehearsed sayings have stuck in their heads. The program was definately worth doing. Shelley Clarke

Mon 9:41 PM

clear1x1clear1x1 Shelley Clarke

* The BUZ Programme was successful in my year 3/4 class for the following reasons:
* It taught students strategies on how to cope/handle their emotions
* It allowed students the opportunity to realise it is Ok to have different emotions
* Students thoroughly enjoyed the resources and stories told to them. Especially about characters and their different emotions. Student were able to use these stories to discuss strategies on how to handle their feelings,
* Students enjoyed reciting the BUZ Handling Feelings Creed. It was easy for them to memorise so therefore they could use this for their own personal use.
* Students enjoyed singing the BUZ song,
* The BUZ Hopscotch was a great visual way for students to learn ways of solving fights. Students enjoyed playing the cards in the right sections.
* Students have been using their BUZ handbooks which they kept close by and could use while they were at school.
* The BUZ Programme has been successfully integrated into my Health Education lessons

Julie Petersson

* The whole class looks forward to each Tuesday (including myself). A thoroughly great programme dealing with emotions and feelings that couldn't have come at a better time for my class as they are able to use these new tools to complete their Year 1 experience and hopefully take them into Year Two.  It is great to see the whole class participate in this programme (even the very shy ones) in a very warm and safe environment with the added bonus of fun and excitement. Thankyou for the programme.

Happy Teacher - Mrs Kylie Allender

**ADMIN**

* I felt that it was a great adjunct to the work already being undertaken in the classrooms by teachers in relation to “Building resilience and communication with others”. It also assists in enabling the children to growth in confidence through building on their own personal values and abilities in a safe and secure environment. The children have an opportunity to express their feelings in a safe and monitored environment. The children are more able to be led through the various interaction strategies in an effort to give them the skills to possibility revisit these situation at a later stage in an independent manner. Therefore I would conclude that this has been a valued experience for both the staff and students in an effort to continue the integrated work in preparing our students to become resilient, capable, community members, conducting themselves in a positive and valued manner.

Kevin Saunders