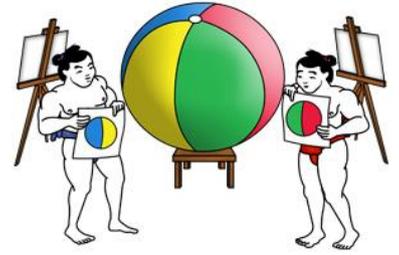




St Francis
Xavier is a



SUMO school



S top

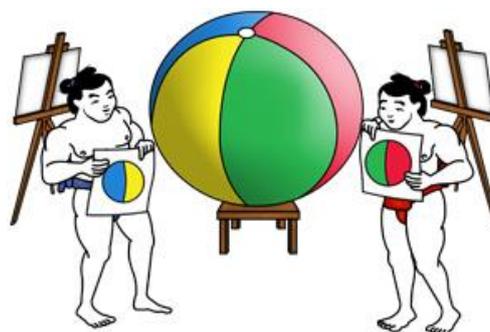
U nderstand

M ove

O n

What do we need to know as parents/carers?

There are 6 themes...



SUMO – I CHOOSE

- **Empowering** children in an innovative and accessible way.
- S.U.M.O. -**Stop, Understand, Move On**
- **Stop** - what you're doing
- **Understand** - take time out to reflect- let go of baggage and beliefs that hinder your potential
- **Move On** - tomorrow can be different from today, look for new possibilities, don't just think about it, take action.

SUMO – WHY ARE WE DOING THIS?

In a world where the challenges are major and children are also so aware of a digital world, full of easily accessible information, where opinions are expressed in both positive and negative ways, there are some children who feel self-conscious, unsure of what opinions to trust and what risks to take. We want our children to know their own minds, their own feelings and take any risks (within reason!) that they feel that they can. **We want our children to know who they are and be fearless in whatever challenge they face in any aspect of their life.**

SUMO – WHO DOES IT HELP?

- CHILDREN <https://youtu.be/35Dh5bxgpmM>
- PARENTS <https://youtu.be/ju9HFqNlaMY>

...and of course, school families ...

$$E+R=O$$

If you talk about one tiny part of this, it should be this!

E+R=O

- Same event, different outcome.
- Responding better, asking for help.
- Thinking before acting.
- An example from yourself
- An example from your class
- The best example you can give to illustrate the algorithm

SUMO – in a Catholic Context

- Stop – be still (generous and grateful)
- Understand - what has happened, what has gone wrong, what was my part in that, what was the part of other people? (attentive and discerning/eloquent and truthful)
- Move On – forgiveness – yourself and others (compassionate and loving/ curious and active)

What we can expect from SUMO in SFX

- **Consistency of vocabulary and approach – staff, children, parents, governors – all of our stakeholders**
- **Ability of all to deal with change**
- **Building better relationships – a common approach to self-determination and modification**
- **Developing a resilient attitude to life – ability to take responsibility for personal actions and responses – a better understanding of Newton's Third Law!**
- **Maintaining morale – this will be dealt with**
- **Improving motivation**

Change Your T-Shirt

What has been the message on your t-shirt today?



What is it all about?

Who needs this in your class?

I'm a survivor I am a thriver !

How do you **CHOOSE** to act? We decide how people will treat us at times by the way that we act and think

Hippo Time is OK



What is it all about?

How can we accommodate when it OK not to be OK?

I am not a number. I am a person.

Develop Fruity Thinking

When do you revert to faulty thinking?



What is it all about?

Are you a fruity or a **FAULTY** thinker?

You are the most important person you'll ever talk to ... turn the volume down on your own faulty thinking.

Learn Latin!



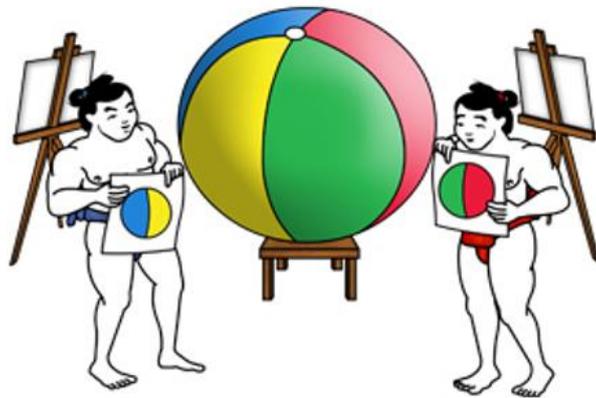
What is it all about?

For satisfaction we need some **action!**

Get ready to **F.A.I.L.**

FAIL = First attempt in learning. We want our boys and girls to embrace mistakes with a positive attitude, knowing that it can help them on their journey

Remember the Beachball



What is it all about?

What does this achieve?

Sometimes we can both be right

Dare to Dream



What is it all about?

Have aspirations set goals.

The future has yet to be decided.