

STARS Study Newsletter - September 2015

This research study is evaluating whether the Incredible Years Teacher Classroom Management (TCM) programme can increase teachers' skills in classroom management. We want to see if this has benefits for the child and for the teacher. The study is running for five years working with 80 schools and just over 2000 families across Devon, Plymouth and Torbay.

During the study, teachers attend one TCM training day every month between November and April.



Thank you to all the CO1 schools, teachers, staff, parents and children who have been involved with the STARS study – it has been great working with you all and this isn't the last you will hear of us as we will update you on our findings in 2017!

Thank you also to all our CO2 and CO3 schools, teachers, staff, parents and children for their ongoing support.

Cohort 1 Schools – 15 Schools in total

We have now finished working with our first cohort of schools! Cohort 1 schools joined the study in 2012 and completed their final follow-up measures in February 2015.

Cohort 2 Schools – 30 Schools in total

Our cohort 2 schools are due to complete their final follow-up in February next year! Our cohort 2 schools are all our schools that joined the study in 2013 and include 30 schools in Exeter, Plymouth and North Devon.

In February 2016 we will ask all our cohort 2 children to complete a questionnaire asking them how they feel about school. We will also ask the parents and teachers to complete some questionnaires.

Cohort 3 Schools – 35 Schools in total

Our final cohorts of schools (cohort 3) joined us in the last academic year (September 2014) and are due to complete their second follow-up in February 2016 and their final follow-up in February 2017.

In February 2016 and 2017 we will ask all our cohort 3 children to complete a questionnaire asking them how they feel about school. We will also ask the parents and teachers to complete some questionnaires.



Our Team

Tamsin Ford – Child and Adolescent Psychiatrist
 Rachel Hayes – Trial Manager
 Lorraine Hansford – Associate Research Fellow
 Matt Allwood – Associate Research Fellow
 Anna Price – Associate Research Fellow
 Kate Allen – Associate Research Fellow
 Shelley Norman – Associate Research Fellow
 Bryony Longdon – Trial Co-ordinator



TCM course 15/16

We are in the process of running our final STARS TCM courses for all our C03 control teachers and also any other schools who have yet to send a teacher on the TCM course.

The feedback we have had from teachers so far has been really positive and we are in the process of going through lots of teacher focus groups and interviews at the moment to find out what aspects of the course were most useful.



STEER

We are in the process of running a feasibility study on the back of the success and positive comments we have had on the STARS project.

The STEER project (which stands for Supporting Teaching staff to Enable children to build Emotional Resilience) will see whether or not the TCM course is also helpful for TAs/LSAs and children with special educational needs and disabilities (SEND) which include some emotional or behavioural difficulties.

We are working with a total of nine schools on the STEER project, three of which are specialist schools.

The study will run from September 2015 until March 2016.

What is TCM?

The Incredible Years (IY) TCM programme was developed in America as part of a suite of programmes developed by Professor Carolyn Webster-Stratton, a clinical psychologist with many years' experience of helping children with emotional and behavioural problems (www.incredibleyears.com).

The TCM programme involves a one day session per month over a six month period. The focus is on collaborative learning, discussions of teaching staff's own experiences and group work to find solutions to problems encountered in the classroom.

The following principles underpin the TCM approach:

- the importance of teaching staff attention, encouragement and praise;
- motivating children through incentives;
- preventing behaviour problems – promoting the proactive teacher;
- decreasing children's inappropriate behaviours;
- building positive relationships with children and encouraging them to problem solve.

New STARS website

To help spread the word about the work we have been doing on the STARS project we now have a new PENCLAHRC website describing the study and what teachers thought of the TCM course.

The website can be found here:

<https://penclahrc.exposure.co/transforming-teaching>

Thank you to all the schools, teachers and children that allowed us to come into their classes and film and take photos for our new website.

Contact us

If you would like to find out more about the STARS study please take a look at our website www.exeter.ac.uk/stars.

You can also contact us using the details below:

Tamsin Ford – Child and Adolescent Psychiatrist
Tel: 01392 722973
Email: T.J.Ford@exeter.ac.uk

Rachel Hayes – Trial Manager
Tel: 01392 722978
Email: R.A.Hayes@exeter.ac.uk