CIAO



**CIAO** is an engaging and enjoyable project for KS3 students. It is aimed at young learners (often new to a school) who are struggling to develop or maintain their confidence and social skills when faced with a new experience and changes.

**CIAO** was initially conceived by Jo Mulley and Ceri Forbes as a course for year 7 students who were struggling with the transition process. Jo and Ceri developed this successful course based on their considerable experience of working with anxious and vulnerable learners across Bradford. This course is rooted in their knowledge and understanding of how to help anxious and vulnerable learners to adjust to change and fully engage with the school environment.

**The acronym ‘CIAO’ stands for**

**Confidence, Independence, Assertiveness and Oral skills.**

**CIAO** has evolved to cover a wide range of essential skills and topics including: positive thinking, self-esteem, friendship, appropriate talk, body language, assertive behaviour ,manners and understanding their own and other’s conduct.

**What CIAO involves for schools & Learners:**

* ‘**CIAO’** is a 26 week course, for 8 students; the course starts after the October half term when schools have had the opportunity to get to know their new learners
* The course runs until Spring Bank 2016. It will cost £1500 in total, which will include an end of year excursion.
* The course led by two education professionals from TRACKS-Education, a teacher and an education welfare officer, who provide all course content and liaise with schools and parents.

**Schools will need to provide**

* A suitable room with white board for weekly sessions where the group will not be interrupted
* A link to computer network & internet
* A named staff member with whom to liaise

**Feedback From the Pilot Project 2014-15**

The 2014-15 Pilot was rolled out in a Bradford secondary school. The **positive response** from learners, parents and teachers is illustrated in their feedback , the impact of **CIAO** on the lives of the learners involved and the improvements in attendance, attitude to school and personal confidence that they achieved.

All students said that they enjoyed the course and positively wanted to attend. Parents commented on the “joined up and holistic approach” and the School reported that the majority of students were far more settled in school by the end of the course.

**Impact on the Group**

“**The CIAO** **group gave students confidence to cope…it also gave them strategies to use when they were feeling down and vulnerable.** **The high input, frequency and constant reinforcement and revisiting of strategies learned enabled a real shift change in some students…”**

**Impact at an individual level**

* “**E** is more confident and less anxious. I have not seen him outside my office since he started group work”
* “After a rocky start, **M** is less confrontational.”
* “**CIAO** has been a very positive intervention for **H**. Her attendance has improved. Prior to joining **CIAO**, H’s attendance was very concerning.”
* “Since joining **CIAO**, **S** has performed in assembly, much to the delight of herself.”
* “**C** and **S** now have the skills to resolve problems themselves rather than resorting to adult intervention.”
* “**T** is far more settled.”
* “She no longer saw herself as ‘thick’ (*learners own label of self*) but as someone who had difficulties with some things, but was learning strategies to enable her to cope better.”

The pilot feedback from Pupils, Parents and the School enabled Jo and Ceri to identify What Worked Well and fine-tune the areas they had identified as being Even Better If….

**CIAO** offers individualised learning which is built on quality assessment. In 2015-16 **CIAO** offers learners and schools more areas for development and greater challenge. Based on a wealth of experience **CIAO** 2015-16 has the potential to be even more effective in equipping learners with the skills to engage with learning and school life.

**For pricing and further information, please contact Ceri Forbes on 01274 378446.**