

## **SEAL- Summer Term Newsletter 2016**

Dear Parents / Carers,

As you know from previous newsletters your child is doing something called SEAL at St Catherine's. SEAL stands for the 'Social and Emotional Aspects of Learning'. This newsletter is to inform you, as parents, of the two themes for the coming summer term.

### **Relationships.**

This is our first theme this term. The children explore the feelings that can arise as friends and groups become more important to them- jealousy and embarrassment for example. We all know that we learn best when we are happy, relaxed and positive. If we don't we can become like a cooker about to explode.

Children are helped to:

- become aware of their feelings, label and talk about them
- find ways to deal with difficult feelings
- help them to feel positive and optimistic

Please note that if your child experiences a personal loss at any time, do let us know and we will work with you to care for and support your child.

### **Changes**

This is the second theme this term, starting after half term. This is the last SEAL theme that the children study in the school year. This theme helps them understand the different types of change that we all face, and to get to know common ways that people respond to change and why! They learn to manage the feelings that often go along with change- excitement, worry, and sometimes resentment and anger.

The aim is to help the children to understand and cope with the sort of changes that they might experience at different times in their lives- in Year 6, for example, the focus is on moving to secondary school. Both themes will be introduced through an opening assembly. The children will follow this assembly in class through Circle Time, SEAL sessions or PSHE lessons.

There will be an additional programme for year 5 & 6 called 'All That I Am'. This programme looks at the changes physically, emotionally, socially, spiritually and emotionally in our children's lives. Parents will be invited along to see the videos and resources used in this programme.

As parents the most important things to do to support your child are to:

- know the SEAL skill your child is learning about
- encourage and support them in trying out our SEAL skills
- notice when they use SEAL skills and reward them

I hope you have found this newsletter informative. If you have any questions please ask.

Mrs M Ainger