



## **Supporting SEAL- Autumn Term 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 term.

### **'New Beginnings'**

This is our first theme this term. In this theme the children explore what it feels like to do something new, like having a new teacher or being in a new class. The children will learn about agreeing and keeping to rules and responsibilities in the classroom. The teachers will also do lots of activities to help your child feel confident about himself/ herself.

### **'Getting on and falling out'**

This is our second theme this term. In this theme, children learn and practise the social skills they need to work and play together- to share, to wait a turn, to be respectful to other people, to see things from a different point of view, and to make and keep friends.

One of the most important friendship skills is being a good listener. They also need to know how to put things right with other people when things go wrong, after they have fallen out with other people. Both of these skills are employed in this theme.

There are five **S**ocial and **E**motional **A**spects of **L**earning:



### **'Say No to Bullying'**

This is part of National Anti-Bullying week. It takes place for one week in November. It sends a clear and positive message nationally that bullying is neither acceptable nor inevitable in our schools and wider communities.

We will be linking this National Ant- Bullying Week with the SEAL them 'Say No to Bullying'. This theme may involve lots of different subjects such as Religious

Education, Art, Dance, History, English and other cross curricular subjects. This takes place annually and ensures that-

- All children and adults mean the same thing when they talk about bullying
- Children have a greater understanding of how bullying feels for the person being bullied.
- Children feel OK about telling an adult when they know someone is unhappy
- Children enjoy, celebrate and respect the ways we are different, as well as the ways we are similar and to feel good about themselves.

For further information about this week please go to [www.aba.ncb.org.uk](http://www.aba.ncb.org.uk) or go the SEAL website.

### **Circle Time**

During the course of the term the children will have the opportunity to participate in circle time.

#### **What is circle time?**

'Circle time' is a term used by many teachers to describe a time when the whole class meets together, sitting in a circle, either on the floor or on chairs. But it isn't as simple as that. It's a carefully planned time in which children can develop a wide range of skills and attitudes such as confidence, self-esteem, talking and listening. It's particularly useful for developing trust, helping a class to 'gel', developing children's awareness of their responsibilities towards others and towards themselves making children feel special and so much more.

Circle time has its own rules and children come to think of it as a 'special' time, which they feel good about. These rules make sure that children feel confident during circle time and not nervous about having to say or do something. One very important thing circle time does is provide an opportunity for smiling which has to be good for learning.



**RRS**

During this term the children will revisit the 'Golden Rules' and set up a Class Charter in line with the 'Rights Respecting School'. This is a whole school initiative and we will update you weekly in the newsletter. Please find the time to read this as it informs you of the fabulous work the steering group are doing and the journey we are on 'together'.

There is also a Newsletter on our website updating our school community on our journey.

I hope you find this information useful.

Thank you for your continued support. Mrs Mary Ainger

