

Supporting SEAL- Spring 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 spring term.

'Going for Goals!'

This is our first theme this term. In this theme, children learn to set themselves goals and to plan and work to achieve them. The children are encouraged to take responsibility, to motivate themselves to set goals, to make a plan, to think about overcoming obstacles and to keep on trying. The skills and qualities developed through 'Going for Goals!' are not just important for school learning- they are important throughout life. The SEAL programme is very much a partnership between home and school. Together we need to point out what they have done to make something turn out well- don't let them pass it off as luck! Together we can help your child break down their goals into small manageable steps. Together we can encourage and praise your child for keeping going with a task, not just when they are successful. You may find the leaflet 'Helping children to achieve their goals' useful.

'Good to be Me'

This is the second theme this term, starting after half term. In this theme, children think about what they are good at and like about themselves. They also learn how and when to stand up for themselves. These skills are important for children because they help them to keep themselves safe, to be able to say 'no' to friends who want them to do the wrong thing, to make their point in a sensible manner and to stand up for what they believe in. In this theme they also learn to manage anger and how to recognise the signs that they are becoming angry, and most importantly, how to control it. We encourage the children to learn what helps them to calm down.

Together we teach the children that both they and other people have rights which should be respected. The children need to know it is OK to think differently. We can disagree with our friends without being disagreeable. We encourage the children to listen to others, consider their point of view, but don't be afraid to repeat your own view or opinion. Hope you find this information helpful.

Mrs M Ainger