



## **Milton C.E. Primary School**

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### **HEALTHY SCHOOLS AND SEAL (Social and Emotional Aspects of Learning)**

Dear Parents and Carers

At Milton we believe that to be able to learn a child has to be happy, confident, understand themselves, understand their feelings, know how to make friends and get on with others. In PSHE (Personal, Social and Health Education) we are launching a new scheme of work called S.E.A.L (Social and Emotional Aspects of Learning). It will focus on key social and emotional skills, not only in PSHE lessons, but also throughout the school day, both in and outside of the classroom. This scheme is a Government initiative, and we have decided to become part of it, along with other schools in Cambridgeshire. We feel that the SEAL programme will also address some of the comments and feedback, resulting from recent questionnaires for Years 1, 4 and 6.

Each term we will be focussing on different themes. The themes for this term will be:

- New Beginnings
- Say no to bullying
- Getting on and Falling out

Each theme starts with an assembly and is followed up in class. During the term the children will be exploring how to create a learning environment that helps everyone learn together in a happy, busy and safe way. They will also learn how friendship works, how to learn together, how bullying could affect others, how to recognise it and to prevent it happening, as well as focussing on the feelings they have when they are happy, sad, scared and excited, and how to manage these feelings in all aspects of their lives. Most of these areas of learning will take place in PSHE lessons, but they may also be explored in cross-curricular lessons such as art, music, writing or drama for example.

Each unit of work finishes with a sharing assembly where classes share what they have learnt with the school; we hope to invite parents and carers to these sharing assemblies, and we will let you know the dates in due course.

SEAL links extremely well with the Emotional Well-being aspect of our Healthy Schools Initiative, and is being used to compliment aspects of our positive behaviour systems. We will keep you informed regarding any updates with regard to Healthy Schools this term.

We will be happy to talk about this with you if you would like to.

With best wishes

J Cattermole                      A Lycett

Healthy Schools Coordinators