

SEAL Information Leaflet - New Beginnings



In the first half of the Autumn term the children look at the New Beginnings theme. It links in to the feelings they experience in starting a new class with a new teacher and teaches skills that help when trying to cope well in new situations

Throughout the theme, Children are encouraged to see themselves as valued individuals within a community, they contribute to shaping a welcoming, safe and fair learning community for all by designing a class charter that outlines our school beliefs. Throughout the theme, children explore feelings of happiness and excitement, sadness, anxiety and fearfulness, while learning (and putting into practice) shared models for 'calming down' and 'problem solving'.



The **Seal homework activity** designed as reinforcement of the skills your child is learning in class will be coming home soon. Don't forget - Parent booklets on the themes are available from our new 'Simene Area'

WE have had lots of changes at St Mary's and are looking forward to the new school year. All of our new teachers are settling in well.

We introduced our new '**School Beliefs**' at the end of last term and you will see them displayed around the school.

Thank you to our school mentors who helped with the welcome display in the foyer.

Below is an outline of how the theme is explored by each year group:

Reception: Begin with learning routines such as listening to others, looking, taking turns and talking about themselves. They look at recognising and naming feelings, what it means to belong and what to do if they have a problem.

Year 1: Create their class charter, how to solve a problem using the peaceful problem solving poster, how to name their own feelings and tell how others may be feeling, how to calm down when they are upset, to identify their own strengths and know that everyone is not the same.

Year 2: What helps us work well and play together, how to respond to other peoples feelings, ways to calm down, how to make others feel welcome and what to do if there is a problem, what it means to be part of a class community, recognising we are the same in some ways but different in others.

Year 3: What it means to have rights and responsibilities, how it feels to do something new, managing feelings when we are upset or nervous in class, designing a guide that helps people know what to do as a Year 3 pupil, how our actions affect the communities we live and work in.

Year 4: What are wants and what are needs, interpreting body language, how it feels to be excluded/left out, how to join a group/how to welcome someone to your group, anger management strategies, what to do when worried, identifying what is good about our school and what we would like to improve.

Year 5: How to make the class a safe, fun, fair place to learn in, how are rights are linked to others responsibilities, what is democracy/how to debate, how feelings are linked to thoughts and behaviours, what makes me feel valued and how do I value others?, working together as a team.

Year 6: What make school go well, what makes it difficult – how to problem solve in order to work as a team, school rules and expectations and how they link to rights and responsibilities, recapping work on feelings and how sometimes we try to mask our feelings, ways to overcome our fears, ambitions and dreams.