



Shirley Infant School: SEAL News Letter



8th March 2019

Dear Parents and Carers,

Every half term each year group teach a PSHE session once a week. Embedded in our PSHE work we use the SEAL programme. SEAL stands for Social Emotional Aspects of Learning.

Our SEAL theme for Spring 2 half-term's PSHE work is '**Good To Be Me**'. Within this topic we will be helping the children to learn about and understand the key aspect of motivation and self-awareness. It gives an important opportunity for all children's abilities, qualities and strengths to be valued (UNICEF, Article 2).

The focus allows the children to reflect on themselves as individuals, particularly their strengths as learners and how they learn most effectively (UNICEF, Article 6). We focus on taking responsibility and building feelings of confidence and self-awareness - feeling good about themselves. Goal directed behaviour is only valuable if we are able to make wise and balanced choices about our goals (UNICEF, Article 12). This builds on from our work in the '**Going For Goals**' topic last term. Their learning in this area is all embedded within age appropriate activities and discussions.

Below we have a home learning activity for you to do with your child if you wish to. Please do not feel these have to be back by a certain date they are just to support your child's learning in school. If your child would like to share their home learning with their friends at school then please bring them back during the Spring 2 half term and they will be shared during a story time or PSHE lesson.

HOME LEARNING:

Draw a picture of each other in the middle of a circle or use a photograph. Take it in turns to tell each other the things that you like about them. Try to list as many things as you can. You might prefer to do this as a talking activity and sit opposite each other or use a mirror.

Remember, it might be difficult to think of the words to talk about these things. Examples may be:-

"I like your smile" "I think you make good food" "I think you are kind" "I think you are friendly"
"I think you are great at giving cuddles" "I think you are fair"

There are some lovely books which you could read at home with your child/children to support this theme. These are:

- *Guess How Much I Love You By Sam McBratney*
- *Tom Rabbit By Martin Waddell*
- *Can't you sleep little bear By Martin Waddell*
- *Amazing Grace By Mary Hoffman*

We continue to incorporate the UNICEF rights principles into our PSHE lessons and school environment. If you would like any information on the Rights of Children then please use our website, the UNICEF website or arrange a time to speak to Miss Reilly.

Thank you for your continued support and sharing your ambitions and aspirations with your child/ren during the *Going for Goals* theme.

With best wishes,

Aimee Reilly

PSHE Leader