

Waterthorpe NI School

At Waterthorpe Nursery Infant School we make the journey for life long learning by all pulling together to:

- Learn and achieve
- Keep safe and happy
- Live healthily and enjoy ourselves

What SEAL (Social and Emotional Aspects of Learning) looks like at Waterthorpe NI School

Mrs Suzanne Marriott is the SEAL leader.



Children in Year One and Year Two follow the National Curriculum which is taught through cross curricular themes wherever possible.

We hope this booklet shows you how children learn about SEAL and some of the content that they cover during their time at Waterthorpe.

Key Content of SEAL curriculum:



Self-awareness

- e.g. recognising feelings, thinking about thoughts, feelings and actions.



Managing feelings

e.g. finding ways to manage feelings, how to respond to others.



Motivation

e.g. understanding goals, keeping going when things get hard.



Empathy

e.g. recognise how others feel, respect other people's opinions, appreciate differences.



Social skills

e.g. be a good listener, problem solving, how to say sorry.

SEAL is taught through many different ways.



Children are taught to recognise and name their feelings.



How families can help support children's learning in SEAL:

- Doing the family home activities with their child
- Attending the SEAL family workshops
- Encourage children to talk about their feelings

We would welcome any feedback on this booklet. Please write your comments on a piece of paper, along with your child's name and class, and return them to the school office.

Thank you for your continued support.

SEAL Themes:

- 1 New beginnings - Autumn 1
- 2 Getting on and falling out - Autumn 2
- 3 *Say no to bullying - (during Getting on and falling out theme during anti bullying week in November).*
- 4 Going for Goals! - Spring 1
- 5 Good to be me - Spring 2
- 6 Relationships - Summer 1
- 7 Changes - Summer 2