

PRIMARY SEAL NEWSLETTER

Issue 1
Autumn Term 2007



A celebration of good practice, ideas and developments across Bradford schools

Welcome to the SEAL newsletter, which we hope will be the first of many. The aim of the newsletter is to begin to share the good practice, ideas and developments that are happening across Bradford's primary schools. Last year saw some very exciting developments with SEAL. In December 2006 we held our first sharing practice event with Wycliffe and Windhill primary schools contributing, and workshops on the SHARE project, Busy Bees and circle time.

In July a very successful day was held at the Hilton Hotel, Bradford, with displays of work from, East Morton, Keelham, Reevy Hill, Thorpe and High Fernley Primary Schools. Other contributors included the SEBD Team, Educational Psychology Team – Transition, Primary Strategy – Talk Across the Curriculum, Children's Centre Development and Family Support Clinics, EMA Team, Books and More, Incentive Plus, Madeleine Lindley, Police/School Liaison and PSHCE/Healthy Schools.

Speakers at this event were Phil Travis, Headteacher, Shipley Primary School, Laura Newcombe, Deputy Head, Lister Primary School, Gavin Sykes, Deputy Head, Lowerfields Primary School, Andrea Bromwich, Inclusion Manager and Thorpe Primary presented a video and powerpoint on the theme of bullying and friendships.

Every half term we are continuing to deliver workshops on each theme and would like schools to also contribute. The first workshop delivered this term 'Getting On and Falling Out/Say No To Bullying' was very well received. Nicola Robinson from Cullingworth Primary School spoke of her schools work on this theme last year and how successful it had been. A key point in Nicola's talk was that SEAL has made a difference in her school. Photographs of the children and examples of anti-bullying leaflets the children produced are included in this newsletter.

The SEBD Team is supporting 5 schools who are taking part in some research on the SEAL small group work. This is being carried out by Manchester University. The Team are also developing resources for small group work and this will be shared with schools when completed. A focus for this next year is Family SEAL, developing a lunchtime resource and training pack, and developing a transition pack for year 6/7.

What ever stage you are at we would like to hear from you. Included in this newsletter you will find a 'Next Steps' form please complete and return.

**Alison Geldart, Head SEBD Team,
Behaviour Support Service**

Primary SEAL Contacts

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SEAL Workshops

Workshop 3: Good To Be Me – 10/01/08 – 9am-12pm

Workshop 4: Relationships – 06/03/08 – 9am-12pm

Workshop 5: Changes – 10/04/08 – 9am-12pm

Workshop 6: New Beginnings – 19/06/08 – 9am-12pm

Look out for dates in the New Year for more workshops in the Keighley and district area.

What is



For those of you new to SEAL or who just want to find out more then read on:

- SEAL, Social and Emotional Aspects of Learning is part of the National Primary Strategy.
- The resource offers a whole curriculum framework for teaching social, emotional and behaviour skills to all children.
- There is built-in progression for each year group within the school, and is organised into six themes, which can be delivered through the school year (with a separate unit for anti-bullying).
- It should be seen as a stimulus or starting point, rather than a finished product. SEAL also links closely with the Emotional Health and Well-being theme in Healthy Schools.



Themes

- 1 New beginnings (September/October)
- 2 Getting on and falling out (November/ December)
- 3 **Say no to bullying (can be used anytime but suggested to be used during anti bullying week in November.**
- 4 Going For Goals! (January/February)
- 5 Good To Be Me (February/March)
- 6 Relationships (April/May)
- 7 Changes (June/July)

Website: www.bandapilot.org.uk

What you should know about SEAL



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.

How is



Structured in the school?

- Whole school assembly – to introduce the theme
- Classroom follow up – Explicit and/or cross curricular
- Whole school focused activities
- Celebration assembly – possibility to invite parents
- Family activities
- Small group activities



SEAL Circle Time Workshops

Workshop – 22/01/08 – 9-12pm at Future House

These workshops will be run by Pam Glennon a specialist SEBD Teacher and accredited Quality Circle Time (QTC) trainer. We will be planning further dates through out the year. Schools who would like whole school input on circle time should contact Alison Geldart on 01274 385833.

Cullingworth Primary School Reception Class – SEAL 'Relationships'

Bullying

Eve



"It makes me happy when my friends smile at me."

Amelia



"If a person is being mean to you, you could say nice things to them and then make friends."

Zoe



"When I play with my friends and we have fun it makes me happy."

Harry



"Good friends have lots of fun together."

Sophie



"I like it when my friends make me laugh."

Fifi



"Good friends play with me."

Millie



"I like my friends to be funny."

Maisy



"My mummy always gives me a cuddle and a kiss."

Chloe



"I like kind friends like Kady and Megan."

Oliver

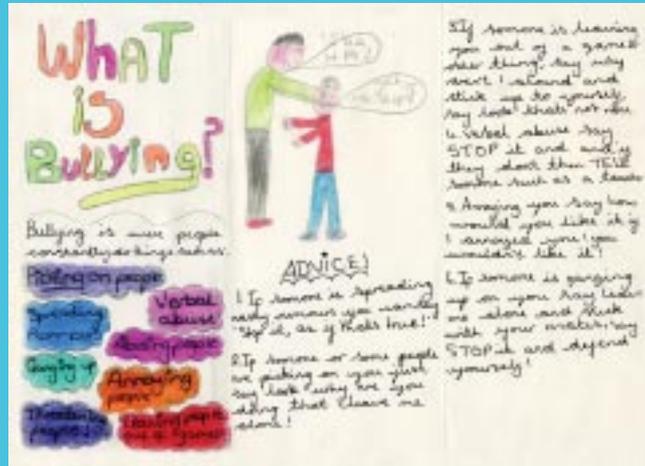


"Friends have good fun."

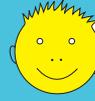
Amy



"Friends share toys nicely."



Cameron



"Good friends help you."

Emelia



"I like it when my friends make me smile."

Sophie



"When my friends chase me it makes me feel happy and excited."

Leon



"Friends share their toys with me, like the paddling pool."

Friends



Jamie



"Good friends share the toys."

Charlotte



"Good friends play nicely together."

Harrison



"Cameron let me have a cuddle with his teddy. It made me feel happy. Cameron is kind."

Edward



"I like it when my friends play games with me."

Nigel



"Good friends are kind to me."

Rebecca



"Good friends play nicely together and do not fight."

Devon



"Good friends always make you laugh and if you ask them very nicely they might hang out with you."

Stephanie



"Good friends do kind things for me and they make me laugh."

Lauren



"Good friends play together and share things outside."

SEAL at Wycliffe Primary School

Social Emotional Aspects of Learning (SEAL) (we didn't call it that then!) has been high on Wycliffe's agenda since it opened in September 2000 with 53 pupils following reorganisation.

Going to the SEAL Launch in October 2005 was exciting because what I learnt was that at last there was a cohesive plan, putting together all the various strategies we had been implementing. Right from the start we knew that SEAL was something we needed to invest in. Involving and informing parents was one of our key objectives. With some support from Alison Geldart and her team we decided to run Family SEAL workshops. We have held three workshops. Parents of all Key Stage 2 children were invited. It then targeted parents who I felt would benefit from a workshop. Interestingly one parent who I would have targeted sought me out and returned the form to me before she left the premises on the day that the invitations went out. Places have been limited to 8 pairs per workshop. There is no expectation that parents will attend every workshop. Parents who have attended a workshop are all very keen to attend the next, frequently asking me 'when will the next one be?' Although I have not had to turn any parents away I have not had to work hard to fill places. We always seem to get the right mix of families. I have held them on Friday afternoons, the idea being to start the weekend on a positive note!

Each workshop consists of:

- Introducing the SEAL theme for the half term to the parents
- Children join group
- Whole group circle time
- Parent child task along with drink and snack
- Sharing or not
- Massage
- Meditation

The following comments were made when asked "What were the best things about the Family SEAL workshops?":

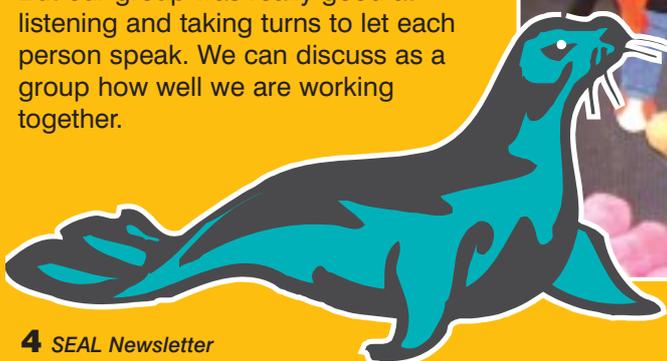
- "The massage and playing together"
- "All of it – spending time together"
- "Time alone together"
- "Looking at how we deal with change as a family"
- "Joint activities"
- "Elliot got to show his yo-gi-ho cards. The relaxed atmosphere"
- "Spending a sharing quality time together on an equal footing"
- "being able to talk to other parents who understand about children's behaviour patterns."

Family SEAL workshops Lynn Clews, Assistant Head/ SEAL Co-ordinator, Wycliffe Primary School.



Haworth Primary School Sharing with Zotty and Zeb

We shared something special about ourselves to each of our group. Zotty and Zeb shared too. It's sometimes hard to share things about ourselves. But our group was really good at listening and taking turns to let each person speak. We can discuss as a group how well we are working together.



Priestthorpe Primary School

Interviewed by Jill Dowse, Peripatetic Inclusion Mentor

SUPER STARS!



The school council members at Priestthorpe Primary school in Bingley were interviewed by Jill Dowse a Peripatetic Inclusion Mentor for the SEBD Team, Education Bradford, to see what they knew about SEAL this is what they said:

Q What do you think SEAL is?

A Telling about your feelings

Q What do you do in SEAL?

A In SEAL we do about feelings and emotions and worries.

Q Have you any idea what any of the SEAL themes are?

A Relationships this is about family/friends/boy or girl friends.

New beginnings this is about starting new.

Going for Goals this is about setting yourselves tasks.

Bullying this is picking on someone over and over again.

Q Do you think SEAL will make any difference in school?

A Yes because it might help people understand that bullying is horrible/nasty/disgusting/mean and unkind.

Q How do you think SEAL will make a difference in school?

A Because the people who are bullying will hear what they are doing wrong and stop it, because they will know that they have done wrong.

Here are some of their fantastic displays inside their classes.

How are you feeling today?

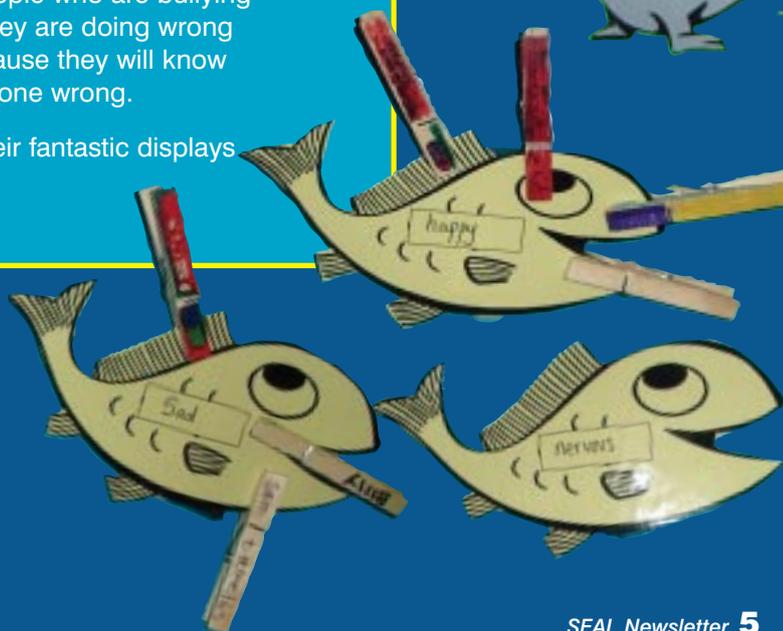


Do be gentle.
Do not hurt anybody.

Be kind and helpful.
Do not hurt people's feelings



How are you feeling today?





PLAYGROUND FRIEND SCHEME



Work in different zones of the playground



Find friends for children who are lonely



High Fernley Primary School

At High Fernley SEAL has proved to be an excellent tool to meet the needs of our children. We have built this resource into our PSHCE long-term plan and is now our main focus for this curriculum area.

We also use SEAL for small group interventions in our 'Nurture Room' for targeted children. This has been made possible as our Teaching Assistants have received training from Pam Glennon, Specialist Teacher with the SEBD Team, Education Bradford, which they are now putting to good use with our children.

School assemblies focus on each SEAL theme at the beginning and end of every half term. This is something we are going to develop further next year and include more sharing of the children's work.

SEAL has had a positive impact on all of our children in terms of behaviour and achievement. Many of our children on the SEN register for SEBD have made good progress, both socially and academically.



Using SEAL at Lister Primary

We are just starting our journey with the SEAL materials. In September 2006 we appointed a new Assistant Head to take on responsibility for changing our whole school curriculum. We asked her to take the current curriculum, make it relevant and accessible to our pupils, make clear cross-curriculum links, and use the SEAL materials as the basis for each half term's work. No mean feat!

By April we were ready to experiment so we started with the areas we felt we could manage easily that would give us a clear aim across school. The whole school assemblies were used to launch each theme and followed up in creative PSHCE slots by all classes once a week. Displays crept up on walls, and staff used Key Stage assemblies to share work, especially role play – as this is always fun and is good for showing off to other staff about what you have done.

The other main area where we trialled the materials was with our newly formed nurture group. This started 4 afternoons a week to accommodate the needs of 9 Key Stage 2 pupils with a wide range of social, emotional and behavioural needs. We based the room on the information and guidance of the Nurture Group Network and developed a vibrant and cosy (we don't have as much room as we would like!) environment in which we try to develop the pupils emotional skills so that eventually they can cope with being full time in their own classes and are ready to make academic progress. The obvious basis for our planning was the Silver Strand Small Group Activities. Although aimed at Year 1 and 2 pupils they have been at just the right level for this group. The circle time activities have been popular – one pupil had never spoken in a circle time in 2 years, now joins in with simple openers, both in the group and in class. The activity talking about aims for the future brought mixed

responses – one pupil wants to be Shrek, however another did talk about wanting to be an engineer and how he would have to work to achieve that. The staff running the group were pleased to have such clear guidance and the resources to deliver the work.

So where are we now? This September sees the launch of our new curriculum – effectively the best of the QCA and the new frameworks re-organised to fit with the SEAL themes, with references to appropriate cultural figures/characters and places where possible, taught as cross-curricular topics, delivered as creatively as the teachers have energy for! So this term is New Beginnings which, for example in Year 5, fits nicely with Life Cycles in Science and Tudor Exploration, with links to the Mughal Empire in History. In Year 1 the topic of Ourselves in Science is the thread around which the other subjects are woven – Myself in RE and PSHCE, Self-portrait in Art, etc.

We will continue to use the Silver Strand materials with the Key Stage 2 Nurture Group and with our new younger group in the mornings. We will also use these materials for intervention work across Years 2, 3 and 4 as part of a DCSF (DfES) research project. This all started only a few days ago. We expect the curriculum to need some tweaking this year but the enthusiasm is there and the teachers have been working hard on planning and resourcing, so expectations are high. We will let you know

Laura Newcombe
Deputy Headteacher, Lister Primary School

Picture: Circle Time in the Nurture Room



SEAL at Ryecroft

As part of the SEAL programme established throughout school we have also introduced Family SEAL. The SEAL Co-ordinator, Learning Mentor Team and Parental Involvement Officer plan the programme. The Learning Mentors and Parental Involvement Officer then deliver it.

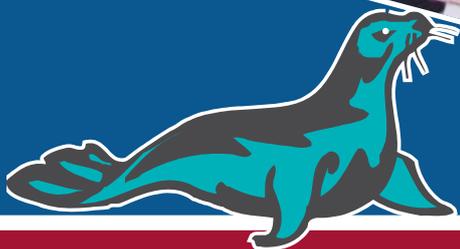
To increase the impact of this programme we have targeted families who have children in both Key Stage 1 and 2. The parents are invited into school for one afternoon every half term where they work alongside their child to address the chosen theme.

A large majority of the activities that the parent and child take part in are taken from the SEAL resources intended for completion at home. However we feel that these activities will have a greater impact in a small group situation. We have also invited outside agencies to take part e.g. during the theme of 'Good To Be Me' representative from the Healthy Lifestyle Centre introduced the children and parents to hand massage. We also invited a local artist to help families produce cushion covers displaying a family photograph and cards to celebrate the theme 'Relationships'.

We feel that the programme has been very successful and intend to deliver it again during the following academic year.

Jen Jakes

(Learning Mentor/Parental Involvement Officer)



Small Group Activities at St William's Catholic Primary School

Pupils at St William's Catholic Primary School have been developing their interaction skills through small group activities led by Karen Roper and Carol Halsworth from the SEBD Team.

The Skills Group



I can work in a group with other children

The Year 4 focus group was made up of a mixed group of pupils – positive role models, withdrawn children and a pupil with challenging behaviour. They concentrated on developing their listening skills, ways of looking and sounding friendly towards other children and understanding each other's viewpoint. Exploring activities from the Silver Small Group Activities Booklet in the Getting On and Falling Out theme, the children gradually became more self aware and gained confidence in expressing their emotions. (The feelings fans proved to be extremely popular!) As a group the children set their own ground rules for working together, learnt how to compliment each other and discuss how to be a good friend. All children felt that they benefited from the activities. At the end of the session the children evaluated their progress.

Comments ranged from, "I think I am a better friend now," "I felt great when I earned friendship tokens," to "I wish that we could have more time!" Our School Learning Mentor, Ann Clarke, who worked alongside Karen and Carol felt that having the activities modelled was an invaluable experience, giving her more confidence to lead activities and experiment with using puppets to encourage children to express their feelings. Teaching assistants, too, were able to observe the sessions drawing them into the theme and helping to support children with their social and emotional development. In all, a very positive experience. Thanks for the support.

Judith Moriarty – SEAL Coordinator.

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