

The SEAL Programme at Bradfields

All students follow a SEAL programme within their tutor time and through school assemblies. It is designed to help students to develop their social and emotional skills.

- The SEAL scheme is part of the pastoral programme within the school and it also links with the curriculum and academic achievement.
- Research has shown that those schools which promote 'emotional health' and well-being have happier and more motivated students - this must impact also upon academic results.



- Emotional and social intelligence and general enjoyment of school in general will help all students towards greater achievement.
- Pupil-Centred Reviews are an important element of supporting students - elements of the SEAL programme are now used in these reviews e.g. Term,1 - 'All about Me'.



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Secondary SEAL is a comprehensive approach to promoting the social and emotional skills that

1. underpin effective learning, positive behaviour, regular attendance, staff effectiveness and the
2. emotional health and well-being of all who learn and work in schools. It proposes that the skills
3. will be most effectively developed by pupils, and at the same time enhance the skills of staff,

through:

- using a whole-school approach to create the climate and conditions that implicitly promote
- the skills and allow these to be practised and consolidated;
- direct and focused learning opportunities for whole classes (during tutor time, across the
- curriculum and outside formal lessons) and as part of focus group work;
- using learning and teaching approaches that support pupils to learn social and emotional
- skills and consolidate those already learnt;
- continuing professional development for the whole staff of a school.

Social and emotional skills are the skills of making positive relationships with other people, of understanding and managing ourselves and our own emotions, thoughts, and behaviours. If people have these skills they can then understand and respond to the emotions and behaviour of others, in ways that are in the best long-term interest of themselves and others. When people have good skills in these areas they are more likely to :

- be effective and successful learners;
- be self-motivated;
- make and sustain friendships;
- deal with and resolve conflict effectively and fairly;
- solve problems with others or by themselves
- manage strong feelings such as frustration, anger and anxiety;
- be able to promote calm and optimistic states that promote the achievement of goals;
- recover from setbacks and persist in the face of difficulties;
- work cooperatively;
- recognise and stand up for their own rights and the rights of others;
- understand and value differences and commonalities between people, respecting the right of others to have beliefs and values different from their own.

<https://www.education.gov.uk/publications/.../DFE-RR049.pdf>