**Term 1 - Week 2**

“Children are the living messages we send to a time we will not see.”

~John W. Whitehead, *The Stealing of America*, 1983

**Term 1 - Week 3**

What is Social and Emotional Learning (SEL)?

SEL stands for Social Emotional Learning. SEL is a process for helping students develop the fundamental skills for life effectiveness. It is not just a program. SEL is essential not only to children’s social and emotional development but also to their health, ethical development, citizenship, motivation to achieve, and academic learning.

Stay tuned for next week's update on SEL skills!

**Term 1 - Week 4**

**Social and Emotional Learning (SEL) Skills**

Social Emotional Learning (SEL) equips us with the skills that we all need to handle ourselves, our relationships, and our work, effectively and ethically. These skills include:

* recognising and managing emotions
* establishing positive relationships
* making responsible decisions and
* handling challenging situations constructively and ethically.

Stay tuned for next week's update on SEL Committee members.
Term 1 - Week 5

The SEL Committees

There is a team of staff members who have formed the SEL Steering Committee. They include: Kurt Dutney, Inge Hay, John Vanden Berg, Kerri Vellacott, Jenny Stower, Mike Quinn and Maree Crawley. These staff members meet regularly and work collaboratively to assist in making SEL come alive at St Mary’s. Another broader committee, called the SEL Implementation Committee, is in the process of being formed. It encompasses more people and has representatives from differing aspects of the school community. The committee members are Karen Smith, Tiffany Dixon, Megan McCormack, Lorraine Broady (OSHC), Mrs Bernadette McAndrew (Parish Pastoral Associate).

Stay tuned for next week’s update on why SEL is so important!

Term 1 - Week 6

Why is SEL important?

Social and emotional awareness enhances the potential for individual and social growth and learning. SEL builds success in academics and productive relationships with others, now and in the future.

Integrating SEL skills and academic skills prepares children for life in the world. It is easier for students to discover solutions to their problems when they are aware of their emotions and know how to express them in a positive manner. Without such awareness, the problems are likely to repeat.

SEL is at the core of human existence and is a compassionate way to build community.

Stay tuned for next week’s update on how SEL fits with the Australian Curriculum.
Term 1 - Week 7

How does SEL fit with the Australian Curriculum?

General capabilities are a key dimension of the Australian Curriculum. They encompass skills, behaviours and dispositions that students develop and apply to content knowledge and that support them in becoming successful learners, confident and creative individuals and active and informed citizens.

One of the seven capabilities of the Australian Curriculum is personal and social competence. This focuses on ways of acting, behaving or learning to live with others, which is why we have used the term Social Emotional Learning (SEL) to describe it at St Mary's Primary School.

Stay tuned for next week’s update on how SEL fits at St Mary’s Primary.

Term 1 - Week 8

How SEL fits in at St Mary’s Primary.

This year St Mary’s Primary is making Social and Emotional Learning (SEL) a focus for our school. Catholic education promotes the holistic growth and development of the human person as an individual in relationship with others and within community. SEL is inherently Catholic in philosophy, powerfully congruent with Catholic Educations’ vision, mission, beliefs and values and an integral and central part of a Catholic school.

Stay tuned for next week’s update on how SEL is linked to better academic skills.

Term 1 - Week 9

How does SEL link to better academic skills?

Social and Emotional Learning is not about teaching values, but rather about equipping students with the skills that they need to achieve important life tasks.

SEL can greatly impact student learning and school success through modelling and reinforcing positive skills and behaviours. When students feel that their school is safe, caring, and well-managed, they are more likely to become engaged in and attached to their school. SEL instruction gives students basic skills such as good decision-making and positive relationship skills.
What can parents do to assist with SEL?

- **Focus on strengths.** Talk about what your child did well before talking about what could be improved.
- **Ask children how they feel.** This lets your child know that feelings matter and that you care. Use feeling words around your child to explain your emotions.
- **Be willing to apologize.** This shows your child how important it is to apologise after hurting someone, physically or emotionally.
- **Ask questions that help children solve problems on their own.** For example “What do you think you could do in this situation?” or “What do you think could happen if you made that choice?”
- **Focus on the value of learning.** Ask what your child learned in school today but also ask how he/she gets along with other students and how he/she feels about school.
- **Create a positive learning environment at home.** Make regular times and provide a quiet, well lit place for homework. Work with your child to develop rules for dealing with interruptions, such as phone calls or visitors.

Stay tuned for more updates on other ways parents can assist with SEL at home.