

Targeted Emotional Literacy at St Joseph's Catholic Primary School.

Research and our experience of childhood tell us that emotional health and wellbeing are necessary to being a good learner. Dr Maurice Elias, a leading child psychologist, says that emotional wellbeing is "dramatically and positively predictive not only of academic achievement, but also of satisfactory and productive experiences in the world of work and marriage, even of better physical health."

At St Joseph's we recognise that by promoting positive emotional health and wellbeing, pupils will begin to understand and express their feelings more clearly and confidently, build their confidence and emotional resilience and therefore their capacity to learn. We believe that it is important that we are an emotionally healthy school, well equipped to meet the needs of our pupils and to support them to prepare for adult life.

In 2016 at St Joseph's, we introduced a new approach to improving Emotional Literacy. This approach is known as Targeted Emotional Literacy and it covers the following areas:

- Self awareness
- Self regulation (managing feelings)
- Motivation
- Empathy
- Social skills

Key Stage 2 children work in a small group meeting in our quiet room, supported by trained staff. We use a range of interactive teaching strategies such as ice-breaker games, relaxation techniques, looking at our responses to situations as well as exploring strong feelings and how to manage them within a calm, private space. This small group work has a very positive impact on pupil's skills in this important area. Your child may participate in the group at some point during their time in Key Stage 2.

The programme runs by holding 6 small group sessions. The first task is to complete a survey from three different perspectives: the pupil themselves, their parent/ carer and their class teacher. This helps us to identify children's strengths and where they may be experiencing difficulties, which is where we will then direct our attention.

All of us, whether a small child, young adult or fully functioning adult, are hampered in taking information in and dealing with it effectively if we are feeling anxious, angry, not feeling good about ourselves or in extreme cases are depressed. The small group work that we do in our Emotional Literacy groups is one part of what we do, to help children to understand this and work out some ways to help themselves.

If you would like any further information about the group then please ask to speak to Mrs Reddix (our PSHE Co-ordinator) about this.