

9<sup>th</sup> February 2017

Dear Parents/Carers,

## Friendship Workshop and Pastoral Drop-In Sessions

This half term our new SEAL unit taught across the school will be 'Going for Goals'. This theme focuses primarily on the key aspect of motivation, with a subsidiary focus on self-awareness. It gives an important opportunity for all children's abilities, qualities and strengths to be valued. The theme provides opportunities for children to reflect on themselves as individuals, particularly their strengths as learners and how they learn most effectively.

Each set of activities focuses on the underlying prerequisites for successful goal-directed learning and behaviour, for example, taking responsibility and building feelings of confidence and self-efficacy – the belief that what you do makes a difference. Goal directed behaviour is only valuable if we are able to make wise and balanced choices about our goals, so this theme provides opportunities for children to consider this and to practice problem-solving strategies.

We will also be holding our third pastoral workshop for parents and carers on **Friday 17<sup>th</sup> February** at 2.15pm. We appreciate that this gives less than the usual two weeks' notice for the meeting, however we are keen to hold this workshop before half term. The workshop will be led by Debbie Carter and Lisa Cameron, with a focus on managing friendships. The workshop will include advice around friendships and our PSHE curriculum. If you would like to attend please return the slip below to the office.

In addition to the above Debbie Carter will be running pastoral drop-in sessions as usual this half term. This will be an opportunity to discuss anything from changing family relationships, a house move, change of friendship groups etc. Please indicate on the reply slip if you would like to book a meeting.

Kind regards,

Donna Wealleans  
Assistant Headteacher

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## Friendship Workshop and Pastoral Drop-In Sessions

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

I will be attending the Friendship Workshop on Friday 17<sup>th</sup> February [ ]

I would like to book a drop in slot with Debbie Carter [ ]

Signed (Parent / Carer): \_\_\_\_\_ Date: \_\_\_\_\_



**Inspiration & Success**

