

PASTORAL CARE NEWS

Helping Your Child Grow: Emotional Skills for Success

We have been preparing some tools and tips to help support your child's social and emotional learning (SEL).

SEL is all about helping children learn to:

Understand their feelings (like knowing they are frustrated).

Manage their feelings (like taking a deep breath instead of yelling).

Get along well with others (like sharing and solving problems).

Make good choices (like being honest).



Why These Skills Matter Most

When a student is stressed, upset, or doesn't know how to handle a problem with a friend, their brain is busy dealing with that feeling. It's almost impossible for them to focus on reading, maths, or anything else we're teaching.

The truth is, a child who struggles with their feelings cannot fully focus on learning. We believe that building strong emotional skills is the most important step for having a successful school year and a successful life.

Get Your New SEL Resources

We've created simple activities and guides to help you continue this important work at home.

Printed Copies: You can pick up your copy of these resources in the front office starting Week 3.

Online Version: We are also working on putting all the materials online. We will let you know as soon as the online version is ready to go.

We will preview some of these resources over the coming newsletters.