

CASE STUDY - **FAMILY SEAL [SOCIAL & EMOTIONAL ASPECTS OF LEARNING] COURSE**

NAME OF SCHOOL

ST LEONARD'S CE PRIMARY SCHOOL, EXETER

HEALTH THEME

IMPROVING EMOTIONAL HEALTH & WELLBEING



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Made parents aware of school's SEAL programme and given activities for them to do at home with their children
- SEAL materials made available on school website
- Fortnightly newsletter articles to signpost parents/carers to other support opportunities for families within local community
- Programme of weekly Family SEAL sessions held. Led by Family Support Worker and staff from Behaviour Support Team
- Family SEAL programme evaluated at end
- 2 members of staff successfully completed the 12 hour Family SEAL training course [course organised by the Learning Community]
- Partnership work with Relate to pilot a support programme for a small group of Year 5 called 'Talking Families'. Year 10 Peer Mentors were used to support the workshops

EVIDENCE OF IMPACT

- In response to ECM questionnaire, there was an increase of 8% of parents/carers reporting positively that the school teaches their child how to

manage their feelings [emotional health & wellbeing]

- All parents attending the Family SEAL sessions found them to be very helpful
- The handouts containing tips and summaries of areas covered given out by the facilitators and these were very well received
- Plans to maintain the link with Relate and repeat the 'Talking Families' programme, and to increase the involvement of parents

REFLECTIONS FROM THE SCHOOL

This intervention has had a positive impact on the children. The children's comments showed that they enjoyed the activities, particularly as they could do them with their parents. Parents enjoyed the opportunity to spend time in school with their child. The workshops gave parents the enthusiasm and confidence to try new things at home with their child. The staff from Relate reported that the children were keen to participate in the activities. Feedback from the children is helping shape the delivery of the next course to include drama and/or an art based outcome.

This intervention will continue as part of the School Improvement Plan.

For further information regarding this intervention, please contact -

CONTACT NAME

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