

Dubai Gem Private School



Counselling Connection

Issue 4

WELL-BEING

The REACH Program
Social Emotional Learning at DGPS

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APRIL



Active April - Let's find ways to get moving and stay active and healthy

SEL - Goal setting

SEL key competency: Responsible decision making

MAY



Meaningful May - Let's find ways to be part of something bigger

SEL topic - study skills /Reducing test Anxiety

SEL key competency: Self Management

Highlights

JUNE

*5 Small Ways
To Change Your
Day In A Major Way*

Joyful June -
Let's look for
what's good

SEL topic - Self Reflection

SEL key competency: Self Awareness

- **Study skills strategies and revision tips shared on GCR**
- **Understanding and Reducing anxiety - Parent Webinar on 11th March 2023**
- **Mental Health Awareness Week in May: Theme - 'Anxiety'**
- **Parent guide posted on the website - Talk to your teens about e-cigarettes**
- **Monthly well-being calendars posted on the school website**
- **Need-based SEL lessons on Vaping, Conflict resolution**

Social Emotional Learning (SEL) in Primary and Secondary

Active April - Let's find ways to get moving and stay active and healthy



SEL Topic: Goal Setting

Learning Objectives: To explore how to set a meaningful, appropriate and challenging goal and how to make a goal S.M.A.R.T.

SEL Key competency: Self Management & Responsible decision making

<https://youtu.be/i0QfCZjASX8>

SEL Topic: Study skills/reducing test anxiety

Lesson objective: To understand the strategies to manage exam stress and emotional wellbeing

SEL key competency: Self management

Meaningful May - Let's find ways to be part of something bigger

MENTAL HEALTH AWARENESS WEEK IN SECONDARY

15th May to 21st May

On the theme of "Anxiety", this year's Mental Health Awareness Week was from **15 to 21 May**

SEL lesson: **Test Anxiety**

What can we do to cope with feelings of Anxiety?

Dealing with anxiety can be hard, but there are some things we can do to manage these tough emotions. Check out the link below for strategies downloaded from 'The Mental Health Foundation' website.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>



Discussion done in class which can be further enhanced at home:

We all experience anxiety from time-to time. There are many reasons why we feel anxious. It can be because of studies, relationships, social situations, how we feel about ourselves, or any changes in life. Learning to cope with our feelings of anxiety, can help us balance our life situations. So, take help as early as possible.

Parent Engagement

How can parents support their child with SEL at home?

Parents are their child's first teachers, and how they model and reinforce SEL competencies at home is essential to their child's social-emotional development. The support can be further enhanced with a good partnership with the school.

- For resources on supporting social-emotional learning at home:

Please click on the link below for extra information

[Confident Parents Confident Kids](#)

- Check out the link to the webinar (recorded) for parents from the source - The developing child center.

Topic: Challenging behaviours

<https://www.facebook.com/TheTDCC/videos/3474245639568812>

- Parent Guides shared on the school website under the section 'Wellbeing'

Topic: Talk with Your Teen about e-cigarettes: A Tip Sheet for Parents



WELL-BEING: Social Emotional learning at DGPS

Five Key SEL skills development

SELF AWARENESS

- The ability to understand one's own emotions, thoughts, values and its influences on behaviour.
- It is about being able to see one's strengths
- Being confident in self and have a sense of purpose

Self management

- The ability to manage one's emotions, thoughts, behaviors effectively in different situations
- To achieve goals and aspirations.

Responsible decision making

The ability to make ethical, constructive choices about personal behaviour and social interactions.

Social Awareness

The ability to understand others, and empathise with others, including those from diverse backgrounds and cultures

Relationship skills

- The ability to foster healthy and supportive relationships.
- To equip oneself with strategies to resolve conflicts.





THANK YOU!
HAVE
A
GREAT
SUMMER VACATION!