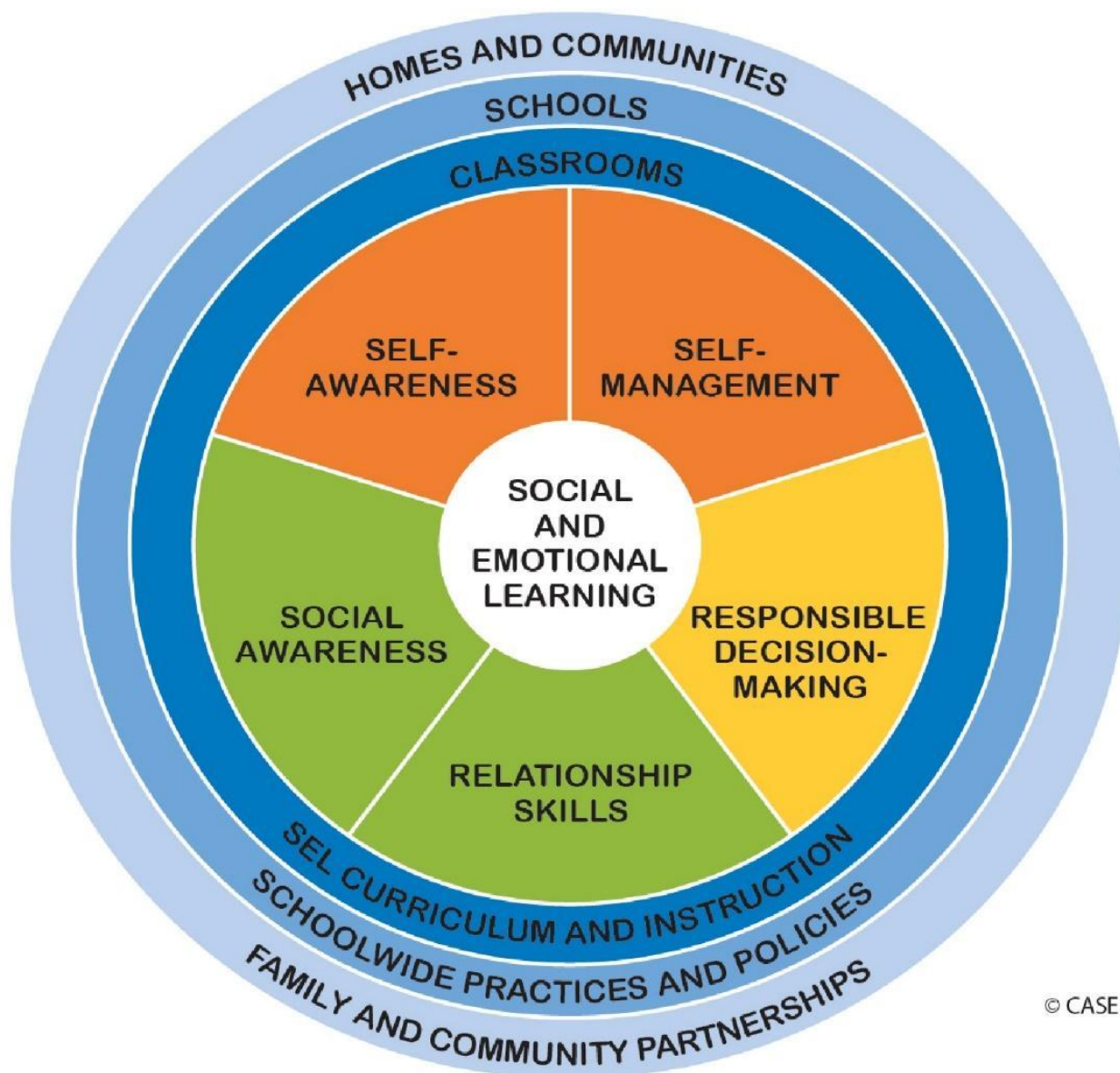


Riverside Education: Social, Emotional and Academic Learning Curriculum



At Riverside Education all of our pupils will access an individual social, emotional and academic curriculum. We want all of our students to be engaged and active learners who are self-aware, caring, respectful, connected to others, responsible decision makers, as well as academic achievers. Our Social and Emotional Learning (SEL) Curriculum programme is used to develop and strengthen our pupils' social and emotional skills both in and out-of-school setting. Our students will access 5 SEL programmes depending on individual needs;



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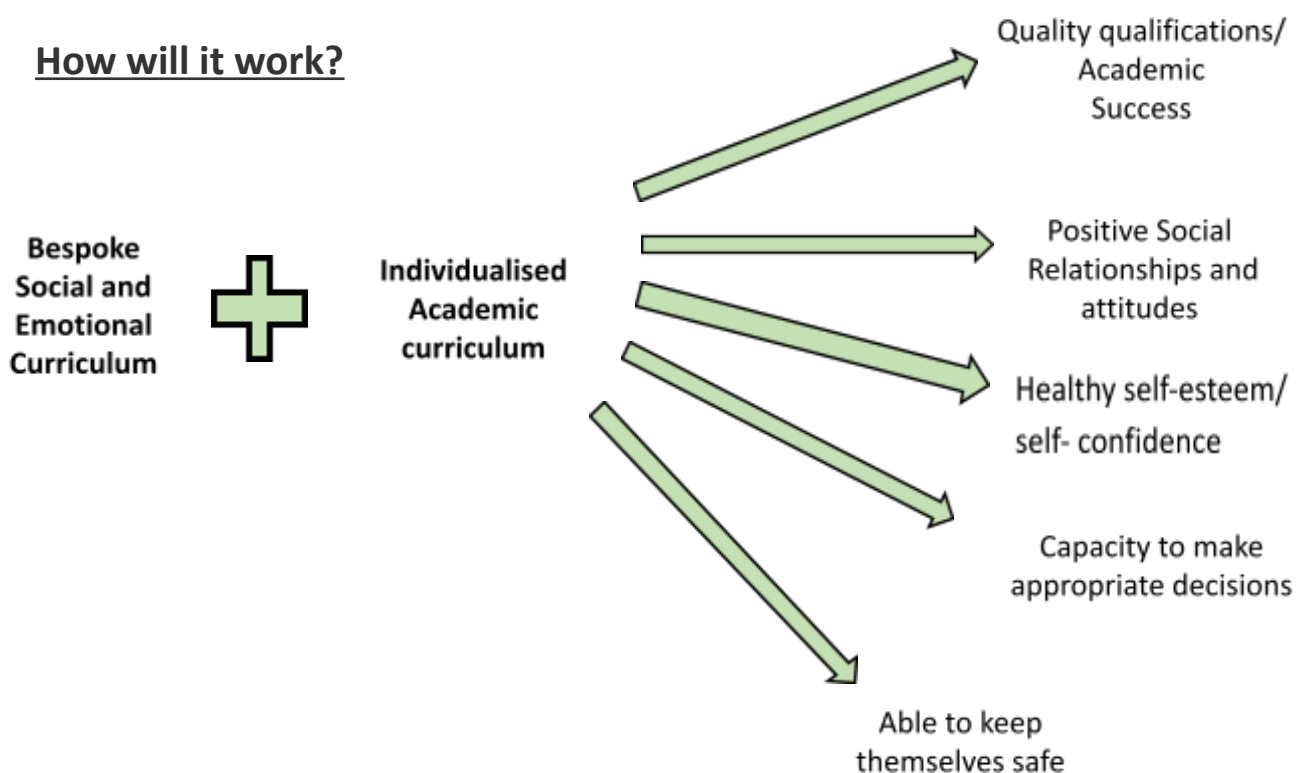


- **Self-Management**: Designed to support pupils to self-manage their emotions and behaviours to enable them to achieve personal goals and aspirational achievements both in and out of the school community.
- **Self-Awareness**: Enables pupils to recognise their feelings and emotions, morals and values as well as supporting and developing personal strengths and challenges.
- **Social Awareness**: Developing skills to engage positively in the community and develop empathy for others
- **Relationship skills**: Supporting the pupils to form positive relationships, working in pairs and teams, dealing with conflict and resilience training
- **Responsible decision-making**: Developing the skills to make ethical, constructive choices about personal and social behaviour.

SEL sessions focus on developing positive learning habits, positive discipline, decision making, attendance, and building future aspirations —as well helping our pupil's to avoid becoming involved in anti-social behaviour, criminality, bullying, stealing, and alcohol and substance abuse. We also have bespoke sessions that focus on;

- teenage depression, anxious and stress management
- loneliness and alienation
- how to manage distressing emotions and challenging situations (illness, bereavement etc..)

How will it work?



Riverside Education: Social, Emotional and Academic Learning Curriculum



Pupil's will be given a bespoke social and emotional Learning curriculum on entry to the school. We will analyse and assess vital information from the pupils IEP/EHCP/Statement and other relevant sources to develop a bespoke personalised social and emotional support curriculum.

This curriculum will provide mentoring in the areas the pupil needs to focus on.

SEL Programmes	
1: Self-Management	1. Resilience training 2. Self-discipline/ Self-control techniques 3. Organisational skills 4. Anger management 5. Stress management 6. Positive Learning Habits/ Attitude to learning (Positive learning habits) 7. Aspiration 8. Exam confidence
2: Self-Awareness	1. Accurate self-perception/self-image: recognising strengths and weaknesses 2. Emotional state: Identifying emotions, recognising how thoughts, feelings and actions are interconnected. 3. Diet/ eating 4. Self- esteem 5. Circumstances that affect our behaviour
3: Social Awareness	1. Appreciating diversity: Ability to understand, empathise, and feel compassion for those with different backgrounds or cultures 2. Local community 3. School life 4. Understanding social norms for behaviour 5. Respect 6. CSE 7. Alcohol and drug abuse 8. Social skills 9. Understanding different reactions

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4: Relationship skills	1. Establish and maintain healthy and rewarding relationships 2. Effective communication skills 3. Resist inappropriate social pressure 4. Negotiate conflict constructively (restorative justice) 5. Family 6. Pairs/Teamwork
5: Responsible decision making	1. Teach the steps of decision-making/ reasoning skills: Consider ethical standards, safety concerns, accurate behavioural norms for risky behaviours, health and well-being of self and others, and to make realistic evaluation of various actions' consequences 2. Problem solving and analysing situations 3. Internet safety