



RECOVERY CURRICULUM

We are a Mind Up school and for four years, Limes Farm Junior School has placed a great commitment in empowering children through mindful practice.

With the reopening of schools since lockdown, we felt it was important for you to be aware of our continued approach to re-engage pupils back into school using what we believe are essential tools.

We acknowledge that the children will have had different experiences during this time. However, the common thread running through all is the loss of routine, structure, friendship, opportunity and freedom. These losses can trigger anxiety in any child. Some of you may have experienced this with your own children. We know that an anxious child is not in a place to learn effectively. So with this in mind, the school community has thought about the most effective way to support your child's ability to learn. This approach will encompass and support the academic expectations for your child.

We hope that you feel our approach to wellbeing will support your child's return to school as they begin their re-engagement with learning at school.

Please do not hesitate to contact us if you have any questions or would like more information.

Our Approach

To complement our already existing and successful Mind Up practice, we are using a programme called SEE Learning (Social, Emotional, and Ethical Learning) to complement our well being work to provide the school community with the tools to foster the development of emotional, social, and ethical intelligence for students and themselves. Our pupils will be utilising both Mind Up and SEE learning strategies. Our school drivers linked to our curriculum are also linked our approach which include:

HOPE
KINDNESS
RESILIENCE
COMMUNITY

What is SEE Learning?

- ▶ SEE Learning (Social, Emotional and Ethical) Learning is about students learning how best to take care of themselves and each other.
- ▶ Specifically with regard to their emotional wellbeing and social health.

- ▶ SEE Learning can be seen as rooted in compassion: compassion for oneself (self-compassion) and compassion for others.
- ▶ Learning to regulate one's nervous system and deal with stress.
- ▶ Learning about one's emotions and how to deal with them constructively.
- ▶ Learning social and relationship skills,
- ▶ and learning to think in a broader way about the communities and societies we exist in.
- ▶ The aim of SEE Learning is to provide tools for students' current and future well-being.
- ▶ In studies carried out on the effect of SEE Learning it was found students had improved academic gains, reductions in depression and anxiety, and reductions in conduct/behaviour problems.

What does it cover?

- ▶ Chapter 1 explores the concepts of kindness and happiness by **Creating a Compassionate Classroom**.
- ▶ Chapter 2 explores **Building Resilience** and the important role that our bodies, and in particular our nervous system, play in our happiness and well-being.
- ▶ Chapter 3 **Strengthening Attention and Self-Awareness**; addresses the topic of attention, including why it is important, how to strengthen it, and how we can use it to cultivate insight into ourselves.
- ▶ Chapter 4 **Navigating Emotions**, explores the topic of emotions, how they arise, and how to better "navigate them."
- ▶ Chapter 5 **Learning About and From Each Other**; addresses appreciating differences and recognizing our shared common humanity. It also introduced the practice of mindful listening.
- ▶ Chapter 6 explores the concepts and skills related to positive self-talk, forgiveness, **Self-Compassion and Compassion for Others**.
- ▶ Chapter 7 **We're All In This Together**; will focus on systems and systems thinking. Systems thinking is the ability to understand how persons, objects, and events exist interdependently with other persons, objects, and events. Essentially, it is about thinking about the relationships between people/things in our communities.

Please refer to the video link introducing SEE Learning- <https://seelearning.emory.edu/>

A video presentation will be made available to parents shortly with also an invitation to attend a zoom meeting to understand our approach better.

