

15 September 2021

Re: Year 8 SEL Day – Thursday 23 September

Dear Families

Social and Emotional learning involves students having the opportunities to learn and practice social skills under the five main headings; self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

At Caritas College, students engage in a timetabled lesson of Social and Emotional Learning with their pastoral care teachers once a week to explore various themes across the year and support the existing pastoral care program.

Throughout this term, Year 8 students have been exploring the importance of connection to self and others. To continue this Social and Emotional Learning, students will engage in a dedicated day on **Thursday 23 September** to deepen their understandings and skills around specific areas. Those areas include; Cultural Perspectives, Communication and Teamwork.

The team from Headspace will facilitate a session around cultural connections and respecting diversity before teacher led sessions for communication and teamwork.

Further details

When: Thursday 23 September

Where: Caritas College & Rotary Park (located across from school)

What to bring: Pencil case, normal recess and lunch (canteen orders are available), hat and water bottle

Students are permitted to wear their PE uniform (weather appropriate) and will meet in the Tappeiner Room to start the day at 8:45am and conclude at 3:00pm.

If you have any further questions please contact Miss Alanah Rowe at the College on 8648 9700.

Yours sincerely



Miss Alanah Rowe
7-9 Middle Learning
Enrichment Coordinator



Mr Damian Smith
Principal