

Intent

Emotional Literacy Support is a fundamental part of our ethos at Oswaldtwistle school. We believe that in order for young people to fulfil their full potential we must ensure that they have secure emotional and social skills and good self-esteem.

Emotional Literacy Support is an intervention to support young people throughout their time at Oswaldtwistle School with many different aspects which may arise at certain times. We recognise that young people learn better and are happier in school if their emotional needs are addressed. Emotional Literacy Support sessions are here to aid the young people to understand their emotions and help to manage them in a healthy and well-balanced way.

During our group Emotional Literacy Support sessions, we aim to provide support for a wide range of emotional needs such as:

- Recognising emotions and feelings
- Self-esteem
- Social Skills
- Friendship Skills
- Anger Management
- Loss & bereavement
- Anxiety

Throughout the term, different areas of Emotional Literacy will be visited with supporting staff following the lead of the young people in these groups, focusing on the aspects of their emotional wellbeing that they need the most support in. The young people will be encouraged to revisit keywords given throughout the sessions to help expand their vocabulary in expressing and understanding their emotional needs.

Implementation

The Emotional Literacy Group Sessions will primarily focus on the development of social interaction skills, where young people can try out new skills and explore their impact. The sessions will involve group activities, where the young people will work together as a team to achieve a common goal. Whole group discussions will also play a key role in these sessions to allow the possibility of young people learning from each other's ideas and experiences. Knowing that others have shared similar experiences and challenges is reassuring and provides opportunity for young people to speak honestly with each other about their feelings.

The young people taking part in these sessions will follow a set of 'group rules' in understanding that they will learn from each other by listening and taking turns to talk, they will be positive; no name calling or negative comments, be safe; only sharing what they are happy for others to know and keeping each other safe; not gossiping about what is talked about inside the group with others outside of the group.

For young people needing extra or more personalised Emotional Literacy Support, 1 to 1 sessions will be offered, focusing on their individual needs.

An Emotional Literacy support approach will be used across the whole school to support students across all their lessons and daily school lives.

Impact

After taking part in these group Emotional Literacy sessions, the young people should feel more equipped to show mutual respect in all aspects of school life, have a greater self-belief that they can achieve their goals and the confidence to become the person they dream of being.

Respect ***Believe*** ***Achieve*** ***Become***

Young people learn better and are happier if their emotional needs are addressed.

From taking part in the Emotional Literacy Group Sessions, young people will:

- Develop coping strategies and talk about difficulties
- Interact more successfully with others
- Develop greater self-awareness, manage school better and feel better about themselves
- Feel that they have been listened to and supported.

The young people's progress will be monitored closely during the Emotional Literacy support programme, both during the actual sessions and the impact that the sessions may be having on them outside of the sessions. If the Student Support team, or the young people's parents/carers, feel that the young person needs further support, the school has access to a range of external support services.