

Social and emotional learning fosters essential skills to engage in the learning process; to manage complex situations and uncertainty, communicate confidently, think critically, be aware of, control, and express emotions, to make responsible decisions and to handle interpersonal relationships empathetically and fairly.



The Pastoral Care program focuses on a broader purpose of education to develop the social and emotional capacities necessary for individuals to achieve their academic and personal potential at school and as they transition into experiences beyond the School gates.



Loreto
Normanhurst



oakSEED

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The Loreto Normanhurst oakSEED (Social and Emotional Educational Development) Program has been commissioned by Loreto Normanhurst to sit within its Pastoral Care Program.



The program brings together a single language and metaphor of resilience represented by the historical significance of the school's oaktree. It emphasises the strong intertwined roots that hold it firmly to the ground, to represent the School values of Sincerity, Justice, Freedom, Felicity and Verity and the Loreto Normanhurst community. The oak tree stands strong and tall, and its spiralled trunk has a capacity to flex in the wind. Developing the social and emotional competencies of Loreto Normanhurst students is a protective factor for wellbeing that enables them to grow and flourish like the oak tree; to allow the wind to flow through them, to withstand the elements that unsettle them and to reflect on the changing colours of the leaves as they progress through the program.

The oakSEED program consists of learning experiences taught from Years 5 to 12. These experiences are delivered holistically within the Loreto Normanhurst Integrated, PDHPE and Pastoral curriculum.

OakSEED is a preventative, strength-based program that strengthens the Loreto Normanhurst Pastoral Care whole-school approach to wellbeing. It develops five core social and emotional competencies – broad, interrelated areas that support learning and development:

- Self-awareness
- Self-management
- Responsible Decision-making
- Relationship Skills
- Social Awareness

OakSEED develops these competencies within an environment that fosters a sense of belonging and values relationships as underpinned by the Mary Ward Open Circle.



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