

The general organisation of the SAST

Sample pages from each of the resources listed in this section can be found in the 'Sample Resources' booklet provided. Users might like to refer to this booklet when reading the section. Complete documents can be printed directly from the CD-ROM.

A different, illustrated, self-assessment booklet is provided for children at each SEAL stage (Foundation Stage, Key Stage 1, Key Stage 2 Y3+4, Key Stage 2 Y5+6), reflecting the four colour-coded PNS SEAL strategy stages and the learning outcomes focused on at each stage. The booklets are entitled 'All about me' and are designed to be completed by children, with varying degrees of adult support and input, according to age and stage.

In each self-assessment booklet, a number of statements that relate to the learning outcomes for the appropriate stage are listed. These statements are taken from the key learning outcomes listed in the overview of each PNS SEAL theme, and are presented in various age-appropriate formats.

The areas covered are the same for each stage, and separate self-assessment pages are provided for each of the 5 key domains of SEAL. These are subdivided as follows:

- Self-awareness (and self-valuing)
 - o Sense of belonging
 - o Perceptions of self-efficacy
 - o Self-knowledge and valuing self
 - o Recognising, labelling and understanding feelings

- Managing feelings
 - o Knowledge and understanding that supports feeling management
 - o Impulse control
 - o Skills and strategies for managing uncomfortable feelings/promoting positive feelings
- Motivation (and learning behaviours)
 - o Goal setting and planning/review
 - o Learning behaviours and skills (motivation, focus, persistence, resilience)
- Empathy
 - o Knowledge (social cognition)
 - o Understanding feelings and points of view of others
- Social skills
 - (1) o Motivation and skills to help others
 - o Friendship and relationships
 - o Group-working skills
 - (2) o Rights and personal/social responsibilities
 - o Assertiveness
 - o Problem-solving and conflict resolution

An overview of the statements in each category for all 4 SEAL stages can be found in Appendix 1.

Two certificates are provided on the CD-ROM (and reproduced in the 'Sample Resources' booklet) to celebrate completion of a self-assessment booklet, or the attainment of a SEAL target, although schools may of course prefer to produce their own.

The following tools are available at each Stage:

Foundation stage:

- A self-assessment booklet for completion by the child (with adult input as appropriate). The booklet is organised according to the 5 key areas of SEAL with the following titles (and domains they relate to):
 - o Knowing myself (Self-awareness and self-valuing)
 - o Managing my feelings (Managing feelings)
 - o Getting the job done (Motivation)
 - o Understanding other people (Empathy)
 - o Getting on with other people (Social skills 1)
 - o Rights and responsibilities (Social skills 2)
- A target setting sheet
- A group record sheet. The group record sheet is a flexible tool that can be used for:
 - o Keeping records of self-assessment
 - o Informing planning for the next theme

- o Providing assessment information at a glance for reports to parents or other agencies
- o Contributing to end of phase/key stage/year group transition practice
- Links to the APET * (Assessment, profiling and evaluation tool) (Appendix 2)
- Links to the Foundation Stage Profile (EYFSP from September 2008) in Appendix 1, indicating how responses to the statements can contribute evidence towards the Foundation Stage Profile statement indicated.

Key Stage 1:

- A self-assessment booklet for completion by the child (with adult input as appropriate). The booklet is organised according to the 5 key areas of SEAL with the following title (and domain they relate to):
 - o Knowing myself (Self-awareness and self-valuing)
 - o Managing my feelings (Managing feelings)
 - o Getting the job done (Motivation)
 - o Understanding other people (Empathy)
 - o Getting on with other people (Social skills 1)
 - o Rights and responsibilities (Social skills 2)
- A pupil 'strengths and targets' sheet to aid pupil target-setting and review

- A group record sheet. The group record sheet is a flexible tool that can be used for:
 - o Keeping records of self-assessment
 - o Informing planning for the next theme
 - o Providing assessment information at a glance for reports to parents or other agencies
 - o Contributing to end of phase/key stage/year group transition practice
- Links to the APET * (Assessment, profiling and evaluation tool) (Appendix 2)

Key Stage 2 (Y3+4):

- A self-assessment booklet for completion by the child. The booklet is organised according to the 5 key areas of SEAL with the following title (and domain they relate to):
 - o Knowing myself (Self-awareness and self-valuing)
 - o Managing my feelings (Managing feelings)
 - o Getting the job done (Motivation)
 - o Understanding other people (Empathy)
 - o Getting on with other people (Social skills 1)
 - o Rights and responsibilities (Social skills 2)

* See footnote, page 1

- A target-setting sheet for the child to complete
- A group record sheet. The group record sheet is a flexible tool that can be used for:
 - o Keeping records of self-assessment
 - o Informing planning for the next theme
 - o Providing assessment information at a glance for reports to parents or other agencies
 - o Contributing to end of phase/key stage/year group transition practice
- Links to the APET * (Assessment, profiling and evaluation tool) (Appendix 2)

Key Stage 2 (Y5+6):

- A self-assessment booklet, for completion by the child, which takes the form of 6 'quizzes'. The six quizzes cover the five key areas of SEAL (with two quizzes covering social skills). The titles of the quizzes (and the SEAL domain they relate to) are:
 - o 'My feelgood factor' (Self-awareness and self-valuing)
 - o 'In control?' (Managing feelings)
 - o 'Making it happen' (Motivation)
 - o 'Mind-reading' (Empathy)
 - o 'My friendliness factor' (Social skills 1)
 - o 'It's up to me' (Social skills 2)
- A bar-chart profile pro-forma for the child to complete for an 'at a glance' record of key areas of strengths and areas for development
- A target-setting sheet for the child to complete
- A group record sheet. The group record sheet is a flexible tool that can be used for:
 - o Keeping records of self-assessment
 - o Informing planning for the next theme
 - o Providing assessment information at a glance for reports to parents or other agencies
 - o Contributing to end of phase/key stage/year group transition practice
- Links to the APET * (Assessment, profiling and evaluation tool) (Appendix 2)

* See footnote, page 1