

Parent and Carer: Information on the GSPEC Project

We are always looking for ways to make this the best possible place for your children to learn and know how essential you are to your child's learning. It is important to us that all children, parents and carers enjoy their time at this school and feel they are part of this school community. As such, we are always thinking about the best ways we can support every child to reach their potential and nurture health and wellbeing.

So, we are pleased to announce we have been selected to take part in the Gloucester Schools Partnership Emotion Coaching Project (GSPEC). Emotion Coaching UK (www.emotioncoachinguk.com) is working with us and this project is about introducing Emotion Coaching into our teaching and the wider school community. It is to promote children's health, wellbeing and learning and the information below tells you more:

Why do we want to promote Emotion Coaching in our school community?

- We all have emotions and feelings, and they help us make decisions about how to best deal with situations and others. Research now shows that “*emotions matter to learning*” and they play an important role in your child's children achievement and enjoyment of their school years.
- Sometimes emotions and feelings can be overwhelming, particularly when they are new, strong, difficult or persistent. They can make children feel scared and alone and school can become less enjoyable. These feelings may cause children to behave in ways that are not always helpful or appropriate and can make it more difficult for children to concentrate in lessons or make friends.
- Emotion Coaching helps children to recognise and manage emotions and develop their problem-solving skills to support their learning and friendships.

What is Emotion Coaching?

- Emotion Coaching is a way of responding and supporting children to help them understand the different emotions they experience, why they occur and how to handle them.
- Emotion Coaching helps children to recognise emotions in themselves and others, how to label them and help themselves to calm down and problem solve.
- Emotion Coaching helps adults and children to build supportive relationships so that children can better understand and manage emotional moments.

What does the current research say about Emotion Coaching?

- Emotion Coaching is an approach that can be used by everyone and is useful for all ages of children.
- Research shows that Emotion Coached children achieved more academically in school; were more popular; had fewer behavioural problems; had fewer infectious illnesses; were more emotionally stable and more able to cope with the ‘ups and downs of life’
- Emotion Coaching supports the development of positive relationships with the children and adults in the school community.

How you can support the GSPEC project

At the start of this project, we will be sending out a link to a short, online parent and carer survey which we would like you to complete. We are interested to know about your ideas and experiences of being part of this school community.

There is no obligation to take part in this survey and information collected will be anonymous, confidential, stored securely and destroyed once the GSPEC project has finished. The data will only be analysed by the research Lead from Emotion Coaching UK.

We want to share our school's Emotion Coaching journey with all our parents and carers, and so will be using school spaces, such as notice boards, newsletters and online Facebook pages to do so. We also hope in the future to be able to offer free, short introductory courses for parents and carers interested in finding out more about Emotion Coaching. Please do look out for more news about what's going on in the GSPEC project.

Further information or queries please contact:

