



About the Trust

The Glastonbury Trust is a locally based educational charity founded in 1995. Our work in recent years has been in the fields of Outdoor Learning and Spirituality, with a focus on emotional well-being. We ran a three year trial in local schools during which we developed our courses and training in the field of emotional well-being. We promote outdoor learning and involve the children themselves in the building and maintenance of these outdoor spaces, to help them reconnect with nature and the landscape.

Our Trainers – Gwyneth Harwood is a Primary School teacher with 15 years experience. She has worked extensively in the fields of Forest School and Traveller Education and works with a number of children's charities in developing outdoor activities for children. She was our classroom practitioner in delivering our 'Spirituality and Emotional Well-Being' courses to children in six local primary schools.

Chris Trwoga is a Secondary School teacher with 30 years experience in several schools. He has developed many new courses in the areas of Religious Studies and Spirituality. He has extensive outdoor learning experience and is a qualified Mountain Leader. He has several years experience mentoring Religious Studies PGCE students in experiential RE and Spirituality.

Our New Website is launched in June 2009 and contains freely accessible literature to support Outdoor Learning, Emotional Well-Being and Spirituality both in schools and the wider community. Our focus with the new website is to promote community cohesion and life-long learning.

Building on SEAL – Practices for Improving Emotional Well-Being and Achievement in Schools

EMPATHY
SELF-AWARENESS
MANAGING FEELINGS
SOCIAL SKILLS
MOTIVATION



Comments from Trainees : -

"I found the day very refreshing and inspiring."

"Our curriculum today is too overloaded and I hope these changes will happen as a result of the research taking place into children's emotional well-being."

"Thank you very much for this, it is really helpful and just the input the school needs at the moment to help us move forward as a whole school staff."

"I really enjoyed the training day. I now have a good understanding on how to promote emotional well-being in school."

(Comments from Cossington & Compton Dundon Primary Schools)

Professional Development Opportunities for Teachers

Building on SEAL – Practices for Improving Emotional Well-Being and Achievement in Schools

Full Day, Half-Day and Twilight Courses
delivered in your school.

"Quality Training at Competitive Prices."



The Glastonbury Trust
2-4 High Street, Glastonbury, Somerset. BA6 9DU
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Building on SEAL – Practices for Improving Emotional Well-Being and Achievement in Schools

The Glastonbury Trust offers full day, half day and twilight sessions for school staff on how to promote emotional well-being to improve learning and raise achievement generally. The training complements SEAL, with a special focus on the affective dimensions of learning and practical strategies for managing emotions.

Our work is informed by the growing body of research in the field of Neuroscience, which is revealing the neurology of the learning experience. Our work is also informed by what Neuroscience tells us about the importance of stress management in the learning environment.

The training is designed to: –

- Complement the SEAL initiative by delivering skills that enable us to moderate the feelings and behaviour that impact learning and productivity.
- Explore what we mean by the affective dimensions of learning.
- Study the dynamic between motivation and achievement.
- Provide methods for teaching SEAL that are experiential and not 'content' driven.
- Explore the importance of the emotional interaction between teacher and learner.
- Explore school communication tools with a focus on promoting the emotional well-being of all staff.
- Explore the negative impact of stress on achievement potential and offer tools to reduce stress.
- Provide tools (Assessment for Learning) for evaluating progression in the area of emotional well-being and emotional 'intelligence'.

Tools that can positively impact our emotions

Our programme is about *Affective Learning* – that is focusing on the emotional experiences that make learning and achievement possible. It underpins SEAL by addressing the issue of putting ourselves and those we work with in the right emotional space in order to succeed.

“Stop and Think!”

Schools rarely allow themselves the luxury of contemplating how they can reduce stress and improve the emotional well-being of the whole school community. This is an opportunity to do just that, whilst working on your School Improvement Plan in terms of SEAL, your management practices and Behaviour Strategy.

The Cost (2009 – 2011) Academic Year

The Whole Day Package (£400)

- An overview of SEAL
- The Neuroscience of Learning and Behaviour
- Using Breathing, Stilling and Reflective Practices in lessons to moderate behaviour and improve learning
- Explore tools for limiting the negative impact of stress on achievement potential
- Behaviour Management Strategies, including rewards
- Circle Time as a school management tool and to promote emotional well-being in the classroom environment
- The link between Spirituality growth and Emotional Well-Being.

Half-Day Training (£200)

- An overview of SEAL
- The Neuroscience of Learning and Behaviour
- Using Breathing, Stilling and Reflective Practices in lessons to moderate behaviour and improve learning
- Explore tools for limiting the negative impact of stress on achievement potential.

(or a different combination of elements by negotiation)

Twilight (1½ hours £100)

The Twilight has a focus on practical training and can be any one of the following: –

- Behaviour Management Strategies, including rewards
- Circle Time as a school management tool and to promote emotional well-being in the classroom environment
- Using Breathing, Stilling and Reflective Practices in lessons to moderate behaviour and improve learning.



Building on SEAL – Practices for Improving Emotional Well-Being and Achievement in Schools

Please contact us for a no-commitment enquiry about further information & availability.

I am interested in your offer of training.

I am interested in the: –
FULL DAY / HALF DAY / TWILIGHT TRAINING

Possible Training Dates are

Name

Position

School/ Institution

Address

Telephone No

Email

Please send me an application form and further information.

Post this form to : –

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Website – www.glastonburytrust.co.uk

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