



Social competence and social skills programme

Social Competence is the ability to initiate and maintain satisfying reciprocal relationships with peers.

The socially competent person uses personal and environmental resources to achieve a good developmental outcome that produces satisfying relationships at a variety of levels (groups, communities).

Social Skills refer to a number of component skills that assist individuals to establish and maintain relationships:

- Basic Interaction skills - includes language, smiling, eye contact, listening
- Entry Skills - how to enter a group
- Maintenance skills - includes how to share, take turns, follow rules, cooperate, manage conflict, assist others
- How to be a friend - how to support peers, be attentive and helpful, show appropriate levels of affection, involve others in the decision making, being willing to follow requests, include others

The ability to form such friendships involves a number of skills such as:

- Regulation of emotion
- Social knowledge
- Social understanding and skills

There is evidence that social skills affect school achievement. Students with positive social skills (attempt to answer questions, smile at the teacher and are attentive in class) generally receive more positive teacher attention and have an increased rate of academic success.

Difficulties

- Lacking the confidence to use these skills successfully.
- Shy children are unable to form relationships
- Some children create disturbances as they find the work/task too boring or too challenging.

Helpful things teachers can do

- Explain unusual or different behaviours of newcomers
- Promote small groups that mix gender, ability and cultural background
- Establish whole group activities
- Play cooperative games
- Use activities that aim to build trust
- Recognise that social skills are interactions that require two or more people and require all participants to cooperate to achieve success

Social skills and health related programs such as sexual health, protective behaviours, drug education and conflict resolution are important in our school.

Intercultural competences

Fight against stereotypes and prejudices

Our aim is to teach and improve the ability of successful communication with people of other cultures. A person who is interculturally competent captures and understands, in interaction with people from foreign cultures, their specific concepts in perception, thinking, feeling and acting. In order to acquire these competences we try to teach /develop/improve the followings:

- Language (culture, verbal and non verbal communication)
- Respect (consideration to another person's culture, point of view, attitude)
- Openness (curiosity, receptiveness to new possibilities)
- Flexibility (respond and adapt to new situations)
- Empathy (try to imagine and feel what the other person is feeling)
- Tolerance (accept diversity)
- Willingness to suspend judgment (stop fast opinions, judgment)
- Sense of humour (ingredient of spiritual life)
- Motivation (interest and desire to learn, keep students' curiosity and and creativity alive)

Bullying, Violence, Aggression, Conflict Mediation

| Students | Teachers |
|--|--|
| <ul style="list-style-type: none">• develop the capacity to understand their own and other's feelings, emotions• well-being, self-confidence• co-operative learning• involvement in school life• relaxed, open classroom atmosphere• non-violent behaviour• tolerance• respect• openness | <ul style="list-style-type: none">• child-centred approachment• permanent dialog with students• set clear behavioural rules• observe students' behaviour• reinforce positive behavior• give prompt help in crisis• open discussion• co-operation with parents• positive feedback to parents• psychological help/treatment |

How we are trying to do all these things?

- Through teaching different subjects such as literature, foreign languages, History, social sciences, ethics, philosophy
- Form master lessons
- Open discussions on given topics
- Teacher-parent meetings /teacher-parent-student meetings
- Workshops
- Presentations
- Theatre performances
- Role playing
- Common trips, free time activities