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Learning and Growing with God by Our Side
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Headteacher/Pennaeth: Mrs N L Booth

21st September 2021

Dear parents and Carers

We will be running the 'Friends Resilience' programme with the whole of Year 3 on Wednesday afternoons to help all pupils become healthy confident individuals.

This is a programme of lessons called 'Friends for Life' to give children a range of skills to help them cope with everyday worries, build their confidence and self-esteem and teach them how to make positive choices to help them to be happy and healthy.

The programme has been endorsed by the World Health Organisation and has been proven to reduce anxiety and provide participants with the tools to rise to life's challenges. You can look it up at friendsresilience.org. We have run this programme in school for a number of years now and the children who have done it have really enjoyed it and found it beneficial.

All the children will receive a log in so they can have access to an e-book of the course to look at school or at home. The lessons are fun group activities and will be led by Mrs Paxton.

If you have any questions, then also please feel free to make contact to find out more.

Many thanks

Mrs Paxton and Mr Steele