



Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

Aim High

Never Give Up

Follow Your Dream

Lead By Example

Friday 15th March 2019

Dear Parent/Carer,

Your child's class teacher had nominated your child for a *Social Skills* group. Two members of school staff (Miss Greenwood and Miss Andrews) have been trained by the YMCA Mental Health team to deliver a variety of programmes to support children across school.

The *Social Skills* group will run for six weeks from **Wednesday 27th March** for one hour each week in school time. Your child will work alongside other children who have been selected from various year groups with the aim of developing their skills within this area.

The course will cover:

- *Types of behaviour and body language*
- *Mindfulness to encourage relaxation*
- *Conversational skills*
- *Being assertive- standing up for yourself*
- *Responding to teasing*
- *Feeling left out*
- *Responding to failure*

If you would like more information, please see your child's class teacher. We hope that you understand that this is to support your child to become more confident and give consent for your child to join the six week programme. **If you would not like your child to take part, please inform the school office or your child's class teacher by Tuesday 26th March.**

Yours sincerely

Miss J. Greenwood
Teaching Assistant

Miss J. Andrews
Teaching Assistant

Mrs J. Cockerill
Deputy Headteacher

Mrs D. Reynolds
Headteacher