



INSPIRE NURTURE BELIEVE ACHIEVE
*Working **together** to be the **best** that we can be.*



Ecclesiastes 4:9:

Two are better than one; because they have a good reward for their labour.



15th May 2024

Dear families,

As you are aware, a lot of the work we do in school supports children with their friendships and we work tirelessly to talk through situations to help children develop problem solving skills for themselves and also the emotional resilience and awareness required to understand varying viewpoints in situations that arise. Attached is a guide that may be useful to help support your child/children through friendship difficulties. The guide is based on an approach called 'Girls on Board' which is adopted by schools.

Although the programme is aimed at girls, the core principals still apply to boys. The approach works cohesively alongside our Emotion Coaching programme.

It aims to empower girls to resolve their friendship issues themselves – something we feel is an important life skill before they move on to high school.

It does this by evoking empathy through teacher-led, non-judgemental sessions which are called in response to conflict amongst girls.

Girls on Board does NOT provide a way to prevent girls ever falling out with each other - that would be impossible! It does not suggest that because the role of the adult in this approach is to oversee sessions that girls should not talk to or share their problems with adults. We always encourage them to talk to trusted adults in school or at home.

The sessions take place reactively and in response to something that may be going on in your child's friendship group.

I hope that you find the guide useful. Please contact me for further information or if you have any queries/questions.

Many thanks,
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