

Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



[@robertbrowning.bsky.social](https://www.bsky.social/robertbrowning) [@towerbridgeschool.bsky.social](https://www.bsky.social/towerbridgeschool) [@snsprimary.bsky.social](https://www.bsky.social/snsprimary)

Find us at: www.thebridgesfederation.org.uk

Newsletter 25th October 2024

Dear Parents and Carers,

This week we have said goodbye to Tina who works in the office across all three schools. Tina has worked at Tower Bridge, then Snowsfields and Robert Browning for nearly 25 years and is retiring to spend more time with her family and dogs. We will miss you, Tina - thank you for everything!

Thank you to all of you who attended the curriculum cafes in school this week, they were such a success and your children love you learning with them in school.

We wish you a very happy holiday after an action packed half term. On page 10 of the newsletter you will find information on family fun that can be accessed during the half term or at weekends.

We kindly remind parents that while we encourage children to enjoy their time in their local park, it is important that they are supervised by a responsible adult at all times. Please note that any issues or disagreements between children occurring outside of school hours, including those in the park, are not the responsibility of the school. We appreciate your support in ensuring a safe and positive environment for all children.

Please regularly check the dates for your diary box for upcoming events. **Please note the half term dates are followed by two INSET days on 4th and 5th November. Have a lovely break. The children return to school on Wednesday 6th November**, the school gates open at 8:45am.

Parents of year 6 children

The deadline for submitting your secondary school application is 31/10/24 which is in half term next week. Please find the link to make the online application: [Secondary admissions - Southwark Council](#)

As you know, The Magna Groups are now running the after school club facility for Snowsfields and Tower Bridge pupils. Should you wish to register your child please follow the link below for more information. [Magna Group](#)



Dates For Your Diary



Tower Bridge

Monday 28th October - Friday 1st November - HALF TERM WEEK - SCHOOL CLOSED

Monday 4th November - INSET Day - School Closed

Tuesday 5th November - INSET Day - School Closed

Wednesday 6th November - Children return to school

Wednesday 13th November - Parent and Pupil Review Meetings - School Closed

Friday 20th December - Break Up

Monday 6th January - Spring Term Starts

Robert Browning

Monday 28th October - Friday 1st November - Half Term Week

Monday 4th November - INSET DAY - School Closed

Tuesday 5th November - INSET DAY - School Closed

Wednesday 6th November - Children return to school

Wednesday 13th November - Parent and Pupil Review Meetings - school closed

Friday 20th December - Break Up

Monday 6th January - Spring Term Starts

Snowsfields

28th October - 1st November - HALF TERM

Thursday 31st October - Secondary School Application Deadline

Monday 4th November - Tuesday 5th November - INSET Day - School Closed

Wednesday 6th November - Children return to school

Wednesday 13th November - Parent and Pupil Review Meetings - School Closed

Friday 20th December - Break Up at 1pm.

Monday 6th January - Spring Term Starts

Term Dates for 2024-2025 are on the Federation website

[Term Dates – The Bridges Federation](#)

Term time holidays will not be authorised.

Other important dates for this year can also be found on the school website here:

[Diary – The Bridges Federation](#)

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[@robertbrowning.bsky.social](https://www.instagram.com/robertbrowning.bsky.social) [@towerbridgeschool.bsky.social](https://www.instagram.com/towerbridgeschool.bsky.social) [@snsprimary.bsky.social](https://www.instagram.com/snsprimary.bsky.social)

Find us at: www.thebridgesfederation.org.uk

ATTENDANCE UPDATE

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. We want to work with you to ensure that attendance for pupils at the Bridges Federation is the best it can be.

As a parent, you are legally responsible for making sure your child gets a suitable full time education. This means making sure your child is in school every day except when

- Your child is too ill to go to school.
- You have permission for a leave of absence from your child's school for them not to attend. You should only ask for this in exceptional circumstances. Generally, a holiday will not be classed as an exceptional circumstance.
- Your religious body has a day especially for religious observance.

If my child needs to be absent from school, what do I need to do?

You should contact us as early as possible (no later than 10am) on the first day of absence to explain why. If you do not, we will contact you to find out where they are.

My child is ill. What should I do?

If your child is ill, read the NHS's 'Is my child too ill for school?' advice to help you decide whether they can go to school. Contact us as soon as possible to let us know that they will be absent.

Do I need to provide medical evidence to support my child's illness related absence?

We may ask for medical evidence when your child is absent due to illness. This may be in cases where:

- Your child is regularly absent due to illness, to assess how we can help by putting support in place.
- We have reason to believe your child was not too ill to attend and a conversation has not resolved the issue.

If you are asked to provide evidence this does not need to be a letter from your doctor or consultant, and doctors will not usually provide such letters. It can, instead, be appointment cards, prescriptions, or notes of previous consultations (including from the NHS App.)

To avoid disruption to your child's attendance, medical and dental appointments should not be booked during the school day whenever reasonably possible.

My child is struggling to attend school. What can I do?

The first step is to talk to us about why your child is missing school, and what help we can give. You should still do everything you can to help your child attend as much as possible whilst waiting for help and support to be put into place. Information on who you can contact for help, including the school's senior leader responsible for attendance, can be found in our attendance policy on the website. We follow the expectations laid out in the DfE guidance 'Working together to improve school attendance.'

<https://assets.childrenscommissioner.gov.uk/wpuploads/2024/07/aaa-guide-for-parents-on-school-attendance-19th-Aug-version.pdf>

<https://thebridgesfederation.org.uk/home/attendance/>



[value of the week]
TOWER BRIDGE

importa
NEWS

Have a great half term holiday. Don't forget children return to school On Wednesday 6th November at 8.45am.

INTERNATIONAL



Our theme is inspired by the Olympics that took place this year in Paris, as well as previous games and olympians. We wanted to use the games as a way to tell the amazing stories of some of the athletes who achieved wonderful things on the world's biggest stage as part of black history month.



School Council visited Tower Bridge this week. They were treated to a VIP tour of the engine rooms and learned about all of the different jobs required to keep the bridge running smoothly.

Poppies and poppy accessories will be on sale in the School Office after half term. We ask for a minimum donation of 50p for a poppy and £1 for other items.



Thank you to everyone who bought cakes on Wednesday to help Chris.



Thank you so much to all the parents and carers who attended our curriculum cafes this week.

CURRICULUM CAFES

HAPPY DIWALI

To all our families celebrating Diwali next week, we hope you have a wonderful time.



Thank you to the children who answered this half term's STEM question: **What causes the different colours in Autumn leaves?** The winner was Isla in Green Class. Next half term's question is: **Why do some animals have whiskers?**



Stay and Learn!

Thank you to all the parents who attended the 'Stay and learn' sessions this week. The children love it when you can join them in class and it really helps their learning.



International Week

The children have had lots of fun learning about the history of The Olympic Games. They have created art inspired by the games and learned about some amazing athletes! Some classes even had their own Olympic Games! **A huge thank you to all the parents and carers who came to our performance on Thursday afternoon.**



Blue Class took part in a fun run event at Burgess Park. Their experience of the daily mile really helped them!

A reminder that the children return to school on **Wednesday 6th November**, as there are two INSET days on Monday 4th and Tuesday 5th November. **Gates open at 8.45am. See you there!**



Snowsfields Primary School



Look at the beautiful homework projects from Sunshine class!



Art work in Year 4.

Green Class have been busy creating some vibrant artwork inspired by the artist Ken Done. The children explored Done's bold use of colour and playful designs, blending these with themes of sportsmanship and unity to celebrate the Olympic spirit.



The children in Red class celebrated International Week by dressing up in traditional clothes and creating some wonderful art work inspired by the Olympics.



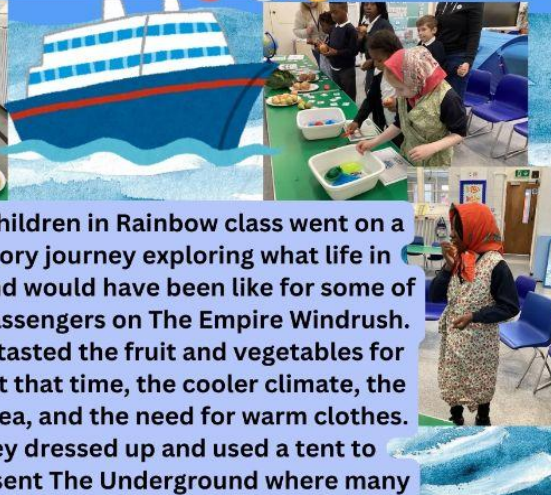
Olympic Cloud Blue class



Blue class created some fantastic designs inspired by the graphic designer Taku Satoh's 'Olympic Cloud'. The posters evoke a sense of movement and show how through the Olympic games, athletes from all over the world come together in harmony.



The children in Rainbow class went on a sensory journey exploring what life in England would have been like for some of the passengers on The Empire Windrush. They tasted the fruit and vegetables for sale at that time, the cooler climate, the cold sea, and the need for warm clothes. They dressed up and used a tent to represent The Underground where many people had to sleep for months.



International Week

This year our theme is the Olympics. We have been learning about amazing athletes from all over the world. We have celebrated their successes, and been inspired by their stories.



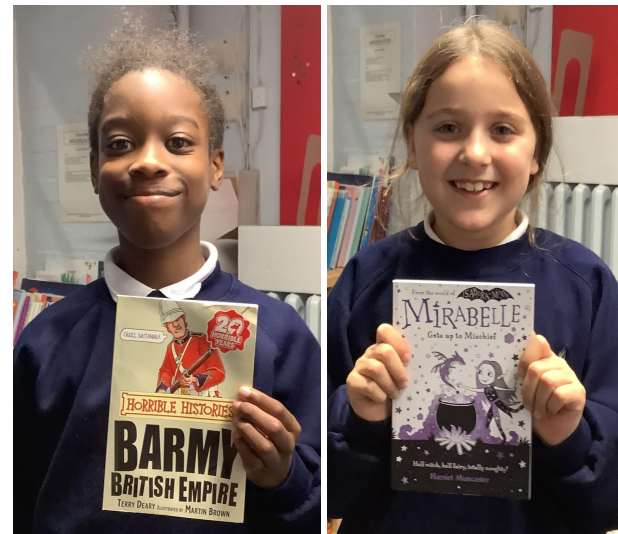
Curriculum Cafes

Thank you to all the parents who attended our Curriculum Cafes. Your support means a lot to both the children and our school community.



We also explored the links between the olympics and black history. We learned about some of the Black athletes who have not just achieved amazing things, but also worked hard to make the world a better, fairer and kinder place.





Our school value this week is: I - Independent Learners Shine

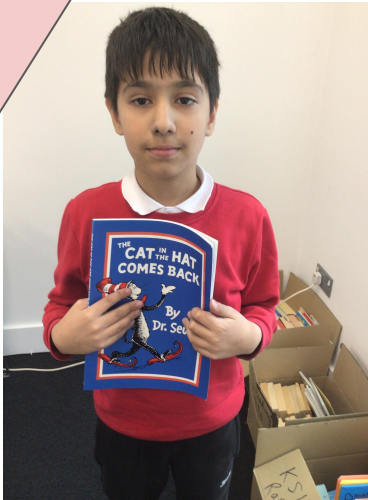


Reading Raffle Winners

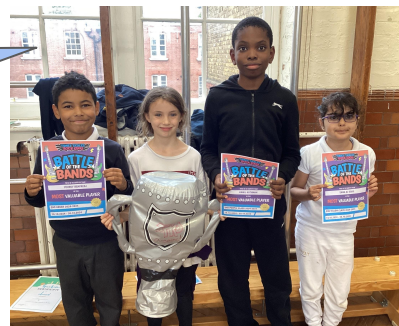


Reading Raffle Winners

Our core value this week is: Creativity



Times Tables Rock Stars



Our school value this week is: I - Inclusive and Inspirational

Reading Raffle Winners





	Absence	Lates	Total
Year 1	8 ½	8	500
Year 2	2	5	950
Year 3	3	16	325
Year 4	6 ½	13	100
Year 5	6	10	100
Year 6	9	4	575

Overall whole school attendance for week beginning 14/10/2024: 94.83%

**1st Place Attendance: Year 2
1st Place Punctuality: Year 6**



Overall whole school attendance for week beginning: 14/10/2024: 94.98%

**1st Place Attendance: Y2
1st Place Punctuality: Y1**

	Absence	Lates	Total
Year 1	16	3	93.33%
Year 2	4	6	98.33%
Year 3	10	5	96.55%
Year 4	10	7	96.15%
Year 5	7	5	97.54%
Year 6	34	10	88.67%



	Absence	Lates	Total
Year 1	1	16	400
Year 2	7	10	100
Year 3	5	2	725
Year 4	24	11	275
Year 5	6	9	225
Year 6	9	8	475

Overall whole school attendance for week beginning: 14/10/2024: 96.48%


**1st Place Attendance: Y1
1st Place Punctuality: Y3**

Family support


The Nest - Wellbeing Hub

The Nest operates a drop-in service every **Saturday between 10:30 and 14:30**. Therapeutic practitioners and support workers can offer 1:1 emotional support, information & advice and signpost you to the appropriate services.

Drop-In Service | The Nest



FITNESS & WELLNESS FOR WOMEN



- BREATHING
- STRETCHING
- DANCING
- YOGA TECHNIQUES
- AND MORE

Venue
The Lewington Community centre
9 Eugenia road
Rotherhithe SE16 2RU

TUESDAYS STARTING 17TH SEPTEMBER 2024 10AM - 11:30AM

crèche will be provided

For more information
02035369609, 07394662602
Admin@parentskills2go.com
Parentskills2go.org

Prudently supported by
Southwark Council
Impact on Urban Health

Connect with Us
@parentskills2go
@parentskills2go

HELPING YOUR CHILD MANAGE THEIR FEARS AND WORRIES

NOV-DEC 2024

5 WEEK ONLINE GROUP FOR PARENTS/CARERS AIMED AT HELPING YOU SUPPORT YOUR CHILD IN OVERCOMING ANXIETY WHILST DEVELOPING THEIR INDEPENDENCE AND BRAVE BEHAVIOURS.

THIS COURSE IS BASED ON CBT EVIDENCE-BASED GUIDED SELF-HELP TECHNIQUES.




To get involved, you can refer via our website www.imago.community or scan the QR Code



For further information please contact our hub youngcarers@imago.community 0300 111 1110

We support young people living in Southwark aged 6-24, who provide unpaid care or support to a family member with a long-term illness, disability, mental health condition or a substance misuse issue.

Southwark Young Carers is a service of Imago Community. Registered charity number 1006388.



WEDNESDAY 1-2PM

13TH NOV, 20TH NOV, 27TH NOV, 4TH DEC, 11TH DEC


TO SIGN UP, PLEASE CONTACT ROSA OR ANNA :

ROSA.KORNFEIN@GROUNDWORK.ORG.UK

07999 402 360

ANNA.GEISSMANN@GROUNDWORK.ORG.UK

07912274700



BASIC UNDERSTANDING OF AUTISM

(5 WEEKS ONLINE PROGRAM)

Understanding Autism & How to support Your Children At Home or Early Years Setting

Starts Monday 16th September, 2024
6:00pm-7:30pm

For more information
02035369609, 07394662602
Admin@parentskills2go.com
Parentskills2go.org

ZOOM DETAILS WILL BE SENT AFTER REGISTRATION

Prudently supported by
Impact on Urban Health
Southwark Council
DISTINCT Youth Services Ltd

Connect with Us
@parentskills2go
@parentskills2go



family info



Starting secondary school in Southwark 2025/26

Applications close 31 October 2024

Apply online at www.southwark.gov.uk/schooladmissions



[Applying for a secondary school place - Southwark Council](#)

Information for parents: Reception baseline assessment



[Reception baseline assessment: information for parents - GOV.UK](#)

Parent Skills 2Go
Community Interest Company

SEWING SKILLS

10 WEEKS DRESSMAKING COURSE FOR

BEGINNERS & INTERMEDIATE LEARNERS

FREE SEWING MENDING STATION

(SUPPORT ON HOW TO MEND CLOTHES)

DATE:
FRIDAY 13TH
SEPTEMBER
10AM -12PM
(EVERY FRIDAY)

Venue
The Lewington
Community centre
9 Eugenia road
Rotherhithe SE16 2RU

For details and to register:
02035369609, 07394662602
Admin@parentskills2go.com
Parentskills2go.org

COST MAY APPLY

crèche will be provided



Impact on Urban Health



Enjoy FREE access to classes

Sign in or **download the Southwark Leisure App** and click on the 'free online classes' button.

Over 20 adult class programs, Kids Born To Move classes, 2000 plus workouts, plans and challenges. Stream from the web, your mobile and TV.



Parent Skills **ROTHERHITHE**

OCTOBER HALFTERM

YOUNG & FUN

FOR YOUNG PEOPLE (8-16)
(BLACK HISTORY MONTH)

THEIR RECLAIMING OUR NARRATIVE

MONDAY 28TH - WEDNESDAY 30TH
OCTOBER 2024 | 10AM - 3PM

ACTIVITIES INCLUDE: CULTURE AND HISTORY SESSION, YOUTH PLATFORMS SPORTS AND GAMES, DRAMA, TRIPS

THE LIVESTY EXCHANGE
567 OLD KENT RD, LONDON SE1 5EW

THURSDAY 31ST OCTOBER, 2024 | 10AM - 4PM

THE LEWINGTON COMMUNITY CENTRE
9 DUGDILA ROAD ROTHERHITHE SE 16 2RU

ACTIVITIES INCLUDE: COMIC BOOK LAUNCH, ARTS AND CRAFTS, STORY TELLING, HOT FOOD, PHYSICAL ACTIVITIES & MORE

THE LEWINGTON COMMUNITY CENTRE
9 DUGDILA ROAD ROTHERHITHE SE 16 2RU

THURSDAY 31ST OCTOBER, 2024 | 10AM - 4PM

ACTIVITIES INCLUDE: COMIC BOOK LAUNCH, VOLUNTEER CELEBRATION

ParentSkills2go.org
02035369608, 07394662002

Parent Skills **ROTHERHITHE**

OCTOBER HALFTERM

FAMILY FUN

PARENTS, CARERS AND CHILDREN (0-11)
(BLACK HISTORY MONTH)

THEIR RECLAIMING OUR NARRATIVE

MONDAY 28TH - WEDNESDAY 30TH
OCTOBER 2024 | 10AM - 2PM

ACTIVITIES INCLUDE: MUSIC AND GAMES, ARTS AND CRAFTS, STORY TELLING, HOT FOOD, PHYSICAL ACTIVITIES & MORE

THE LEWINGTON COMMUNITY CENTRE
9 DUGDILA ROAD ROTHERHITHE SE 16 2RU

THURSDAY 31ST OCTOBER, 2024 | 10AM - 4PM

ACTIVITIES INCLUDE: COMIC BOOK LAUNCH, VOLUNTEER CELEBRATION

ParentSkills2go.org
02035369608, 07394662002

PE & SCHOOL SPORTS NETWORK

FREE GIRLS FOOTBALL

EVERY MONDAY (17:00-18:00)
@BURGESS PARK ASTRO TURF

WORLD CATS

OPEN TO ALL GIRLS AGED 5-11 YEARS OLD

OPEN TO ALL GIRLS AGED 12-14 YEARS OLD

SQUAD

PLEASE SCAN THE QR CODE TO REGISTER

Free Tickets!

UNICORN

Our school is in a partnership with the Unicorn Theatre and they are offering free tickets for local families to see their shows!

To book to see a show, please email us at creativehub@unicorntheatre.com stating the following information:

- Name of the school your child attends
- Name of show you'd like to book for
- How many adult tickets and child tickets do you need

If you need help booking, please ask your child's teacher!

The Unicorn's friendly team will then email dates for you to choose, confirm your booking, along with your E-tickets!

See What's On! www.unicorntheatre.com/whats-on

Supported by the Buffini Chao Foundation!

Half Term Cricket Camp

Start date: October half term 28th - 31st October 2024 at the Southwark Park, Hawkstone Road, London SE16 2UA

Session Time 10am 12.30pm

Sign up Link <https://ecb.clubsark.uk/Dynamos/BookCourse/e51e1ce0-7dbf-474b-9f65-a7361cfe03b8>

Free with Voucher code: WBVOM

If you have any questions don't hesitate to contact my colleague Khaled Ahmed Kahmed@surreyccricket.com

BANKSIDE OPEN SPACES TRUST

Dear Parents and Guardians,

Autumn is here again, and our programme of FREE afterschool sports coaching at Marlborough Sports Garden is back! [Check out our incredible range of free sports coaching sessions for your children!](#)

All levels are welcome at our free sessions - they are a great way of trying out a sport, honing skills, and staying active and social with friends after school. See below and [on our website](#) for our full autumn programme 2024.

Tuesdays:

- Touch Rugby, 3.45-5.15pm for ages 5-11, delivered by LSBU
- Girls' Football, 3.45-5pm for ages 5-11 (girls only), delivered by Girls United
- Roller-skating to music, **advanced**, 3.45-5.15pm for ages 5-11, delivered by Empower CIC

Please note: Unfortunately, this time we cannot provide equipment for everyone, so please bring your own rollerblades or roller-skates, helmets and pads.

Wednesdays:

- Beach Tennis, 3.45-4.30pm for ages 5-7 and 4.30-5.30pm for ages 8-11, delivered by Leisure Beach Tennis
- Basketball, 3.45-5.15pm for ages 5-11, provided by London Basketball Association
- Samba Soccer Schools, 3.45-5.15pm for ages 5-11

Thursdays:

- Beach volleyball, 3.45-5.15pm for ages 5-11, delivered by Deep Dish
- Roller-skating to music, **beginners**, 3.45-5.15pm for ages 5-11, delivered by Empower CIC
- Cricket, 3.45-5.15pm for ages 8-11, delivered by Surrey Cricket Foundation
- Wall Ball, 3.45-4.30pm for ages 8-11 and 4.30-5.30pm for ages 11+, delivered by UK Wall Ball

Please register for afterschool sports here: <https://bit.ly/1.com/bos/autumn2024>

Join our free afterschool sports sessions - from Tuesday to Thursday for ages 5-11.

From beach tennis to samba soccer, from touch rugby to cricket, there's something for everyone!

PRE-BOOKING ESSENTIAL!
All activities require pre-booking. To register please visit: www.bost.org.uk/afterschoolsports and follow the booking link or scan the QR code below.

FREE WEEKLY SPORTS SESSIONS! AT MARLBOROUGH SPORTS GARDEN

Bankside Open Spaces Trust

Monday	Tuesday	Wednesday	Thursday	Friday
FREE PLAY FRIDAYS No pre-booking required	TOUCH RUGBY 3.45pm - 5.15pm (ages 5-11)	WALL BALL 3.45pm - 4.30pm (ages 8-11) 4.30pm - 5.30pm (ages 11+)	BEACH VOLLEYBALL 3.45pm - 5.15pm (ages 5-11)	FREE PLAY FRIDAYS No pre-booking required
FREE PLAY FRIDAYS No pre-booking required	ROLLER SKATING TO MUSIC Advanced 3.45pm - 5.15pm (ages 5-11)	WALL BALL 3.45pm - 4.30pm (ages 8-11) 4.30pm - 5.30pm (ages 11+)	BEACH TENNIS 3.45pm - 4.30pm (ages 5-7) 4.30pm - 5.30pm (ages 8-11)	FREE PLAY FRIDAYS No pre-booking required
FREE PLAY FRIDAYS No pre-booking required	WALL BALL 3.45pm - 4.30pm (ages 8-11) 4.30pm - 5.30pm (ages 11+)	WALL BALL 3.45pm - 4.30pm (ages 8-11) 4.30pm - 5.30pm (ages 11+)	CRICKET 3.45pm - 5.15pm (ages 8-11)	FREE PLAY FRIDAYS No pre-booking required
FREE PLAY FRIDAYS No pre-booking required	WALL BALL 3.45pm - 4.30pm (ages 8-11) 4.30pm - 5.30pm (ages 11+)	WALL BALL 3.45pm - 4.30pm (ages 8-11) 4.30pm - 5.30pm (ages 11+)	WALL BALL 3.45pm - 4.30pm (ages 8-11) 4.30pm - 5.30pm (ages 11+)	FREE PLAY FRIDAYS No pre-booking required

FUN FLIPPERS

Swimming Lessons

Evelin Lowe Gardens and Pool, (The Garden SE1, Marlborough Grove, London, SE1 5JT)

- Times available Wednesday 1-4 pm, Saturday 3-6 pm
- Baby & Pre-School Swimming
- Swim Academy (for all ages & abilities)
- Private lessons
- Disability, SEN & Adult lessons
- Aqua Aerobics
- Holiday Courses
- Maximum group sizes of 4-1 per class

Mermaid & Pirate Birthday parties

Contact:
Jules: 0785582775 jules@funflippers.co.uk
www.funflippers.co.uk facebook.com/funflippers
CRB checked · Swim England Accredited

THE PE & SCHOOL SPORTS NETWORK

SEND SATURDAY SPORTS CLUB

AGES 5-13

OPEN EVERY SATURDAY 11:00am - 12:00pm

OPEN TO SEND PUPILS IN SOUTHWARK

For more information please contact:
Jules: 0785582775 jules@funflippers.co.uk
George: 0785582775 george@funflippers.co.uk

Parent Skills

AFTER SCHOOL ACTIVITIES

FOR PARENTS AND CHILDREN

ACTIVITIES INCLUDE: ARTS AND CRAFTS, STAY & PLAY, MUSIC AND DANCE, SKATING, SWIM WITH MATHE ETC.

Tuesdays, Wednesdays & Thursdays
Starting Tuesday 10th September 3:30pm-5pm

For more information:
02035369608, 07394662002
Admin@parentskills2go.com
ParentSkills2go.org

The Lewington Community Centre
9 Dugdila Road
Rotherhithe SE16 2RU

GO JAGS

SOUTHWARK JAGUARS PLAYERS WANTED

SCAN THE QR CODE TO REGISTER YOUR CHILD'S INTEREST OR CONTACT WILSON@PESSN.ORG.UK FOR MORE INFORMATION

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with support but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penitance Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College