

# NEWSLETTER

FRIDAY 24TH MAY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## YEAR 4 RESIDENTIAL TO NELL BANK

Year 4 had a great time at Nell Bank. They went pond dipping, built dens and took part in team building games.



# NELL BANK



# WEAR IT GREEN DAY

Last Friday the children came to school wearing green in support of Mental Health Week.



# YEAR 5 ROUNDERS COMPETITION

Year 5 enjoyed representing Swain House last Friday at a rounders tournament. Everyone who took part played really well and some people even came away with medals. We are extremely proud of their efforts.



# YEAR 1 RE VISITOR



Year 1 were very lucky to have Mrs Hesslewood come to see us this week. Mrs Hesslewood is a Christian and she came to tell us a story using Godly Play. We had a fantastic time learning about the story of Abraham and Sarah.

Mrs Hesslewood surprised us by bringing in lots of props to tell the story. She had a desert in a bag!



# WALK TO SCHOOL WEEK!



This week the children have taken part in 'Walk to School Week'. They enjoyed coming to school on their bikes and scooters. Each day the classes completed a chart to see how many pupils had walked to school, they were excited to see the numbers improving each day!

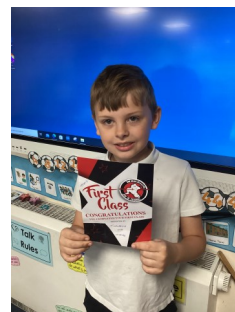


# SHARING YOUR NEWS!



We would like to say congratulations to Michael in Year 3 for receiving a trophy from his football club. He got the trophy for being a great footballer and improving in goal too. We are proud of you Michael!

Tommy in Year 3 completed his first lesson of kick boxing this week. He received a certificate and is looking forward to his next lesson. Great work Tommy!



We would like to say a huge congratulations to Olly in Y6 who's football team, Calverley Juniors won the Craven, Aire and Wharfe Junior league cup 2023-2024. Excellent effort Olly!

Adelaie in Year 2 was presented with a trophy at football this week. She got the trophy for excellent dribbling skills.



If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!

**CLICK THE ICON TO SEE REGULAR UPDATES ON OUR FACEBOOK PAGE!**



# READING PLANET REVIEWS!

As part of our Key Stage 2 reading scheme, we would like to use our weekly newsletter to help promote and share some of your children's favourite stories that they have read. Each week, we will be sharing book reviews that have been written by your children. Hopefully these reviews will inspire our children to read one of the books when they choose their next one.



## **Suffragettes - Their fight for the vote! By Claire Throp**

I really am enjoying reading this book as it is teaching me about what women had to do to get the right to vote. It tells you all about the struggles and sacrifices the suffragettes had to give women the rights they have today. I would recommend this book to people who enjoy finding out facts and reading non-fiction books about our history in KS2.

**Rosie—Year 5**



**CLICK THE ICON TO SEE REGULAR UPDATES ON OUR FACEBOOK PAGE!**

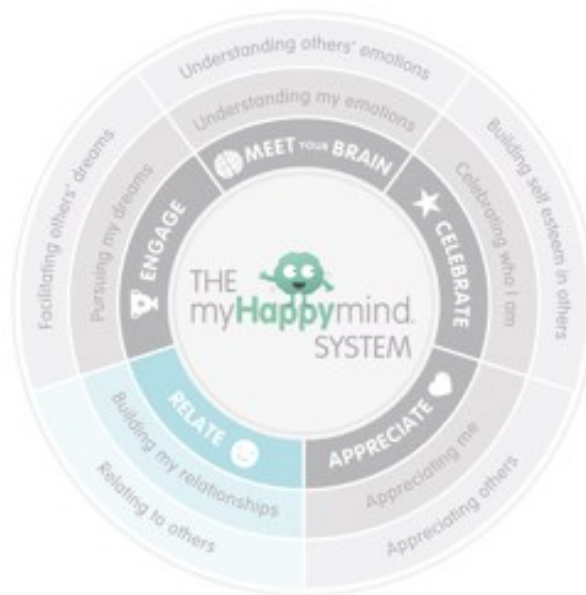




# MYHAPPYMIND—RELATE



## RELATE PARENT NEWSLETTER



# MYHAPPYMIND—RELATE

## Relate

We have just come to the end of the Relate module in the myHappyMind programme. The children learned so much through this module including:

- Why relating to others is so important.
- How Active Listening can help us to build relationships with other people.
- How to see things from a different perspective.

**Why not ask your children to tell you what they have learnt. Here's some questions to help you:**

- What is Active Listening? Can you tell me about the Active Listening checklist?
- Can our Character strengths help us relate and get along with others?
- Why is it important to listen to others and see things from their perspective?

**Support your child at home:**

**Log onto the parent app for more information about the Relate module and how you can support your child at home.**

**There are lots of activities you can do together at home including listening to the story and song, plus much more.**

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

Your authentication code is 107220

Want to learn more? Check out our founder Laura Earnshaw's best selling book on [Amazon](#).



# MYHAPPYMIND—RELATE

## What's up next?

The last module is called Engage. Here we will be learning all about how when we feel good, we do good and how setting goals and dreams can help us achieve more.

Log onto the parent app for more information about the Engage module and how you can support your child at home. There are lots of activities you can do together at home too!



You can sign up with the app here by <https://myhappymind.org/parent-resources>.

Our schools URN is 107220

Type URN here

MyHappMind  
for Parents  
Exclusively for  
parents with children  
at a myHappyMind  
School or Nursery



Educate Yourself  
Learn all about what your  
children are learning  
at school



# MYHAPPYMIND ACCREDITATION



## Parents and Carers! We need you!

We are thrilled to let you know that we are applying to become a myHappy mind accredited school. The accreditation recognises schools and nurseries that are embedding the myHappy mind curriculum into their whole culture and taking real action to improve the mental health and wellbeing of the school community.

If we succeed, we will become an Accredited myHappy mind school and receive some amazing resources for the children to use in school.

As part of the application, we are asked to provide feedback from parents, so we would love your support! If you could please click the below link and provide myHappy mind with some feedback on the programme, we would really appreciate it.

Click [here](#) to complete the feedback form

Want to learn more? Check out myHappy mind founder Laura Earnshaw's best-selling book on [Amazon](#).

Many thanks,



# SUMMER FAIR 2024

FRIDAY 21ST JUNE 2024  
4.00PM - 5.30PM

ADULTS  
50P  
CHILDREN  
FREE

JOIN US FOR OUR 2024  
**SWAIN HOUSE  
PRIMARY SCHOOL  
SUMMER FAIR**

FUN FOR THE WHOLE FAMILY  
TOMBOLA • GAMES • FOOD  
BALLOONS • TATTOOS • FACE  
PAINTING • GLITTER FACE



# FLUORIDE VARNISH PROGRAMME



Bradford District Care  
NHS Foundation Trust



## Bradford healthy smiles

### Fluoride Varnish Programme

This certificate confirms that

### Swain House Primary School

Is taking part in the Community Dental Fluoride Varnish Programme  
A preventative oral health programme aimed at improving the dental  
health of children under 5 years old.

Signature.....

Nadiya Suida, Clinical Director  
Bradford District Care Foundation Trust Community Dental Service

Date:

# ADDITIONAL BENEFITS AT SCHOOL

Do you think your child may be entitled to additional benefits at school?

They could receive:

- A 2 course school meal—free of charge
- School Uniform Voucher/ free school jumpers
- subsidised school residential
- places for extra curricular clubs
- priority places for any holiday schemes

Check your eligibility now

<https://www.bradford.gov.uk/benefits/applying-for-benefits/free-school-meals/>



Please speak to Mrs Broadbent or Miss Armitage if you need any help or advice

# MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—kids zone, myHappyMind games and mini master classes for parents .



## Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



**myHappyMind for Parents**

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



**YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP**

**107220**

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# CLUBS AT SWAIN HOUSE



SCAN ME

## STREET DANCE

EXTRA CURRICULAR

SWAIN HOUSE PRIMARY SCHOOL  
RADCLIFFE AVE,  
BRADFORD  
BD2 1JL

EVERY TUESDAY  
3.00PM-4.00PM

FUN | ENERGETIC  
CREATIVE SPACE

£3.00 PER SESSION  
CONTACT [INFO@YACAD.ORG](mailto:INFO@YACAD.ORG)



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



## CONTEMPORARY DANCE CLASS

A SAFE, ACTIVE  
CREATIVE SPACE  
LET'S DANCE!

£3.00 PER SESSION



TUESDAYS  
4.00PM-5.00PM



SWAIN HOUSE PRIMARY SCHOOL  
RADCLIFFE AVE, BRADFORD, BD2 1JL

TO ENROL CONTACT [INFO@YACAD.ORG](mailto:INFO@YACAD.ORG)  
TEL 01274 955130



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership



SCAN ME



## Drama Club

EXTRA CURRICULAR



Thursdays  
3.00pm-4.00pm



Swain House Primary School  
Radcliffe Avenue  
Bradford  
BD2 1JL

HAVE FUN  
CREATE  
PERFORM

YEAR GROUPS  
1-6



£3.00  
Per Person Per Session



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



## MUSICAL THEATRE

Learn the best moves from your  
favourite musicals

Every Thursday 4.00pm - 5.00pm  
£3.00 per session

Swain House Primary School  
Radcliffe Ave, Bradford BD2 1JL

Contact [Info@yacad.org](mailto:Info@yacad.org)  
Tel | 01274 955130



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership



SCAN ME

# COMMUNITY NEWS

**THE BOLTON WOODS YOUTH CLUB**  
**Wednesdays**  
 4pm till 5:30pm

**Ages 8 -16 years**  
 ARTS AND CRAFTS, SPORTS, BAKING,  
 FILMS, MUSIC LESSONS, DANCE, GAMES

BE WELL Connected C.I.C. ALL STAR The Bolton Woods Community Centre



## Bradford Active Dance Timetable 2023/2024

Sessions run term time only and break for school holidays.

Day	Location	Times	Ages
Monday	Cafe West, Wanstead Cres, BD15 7PA	5.00 - 5.45 6.00 - 6.45	4 - 7 years 8 - 14 years
Tuesday	The Gateway Centre, Thackeray Rd, BD10 0JR	4.00 - 4.45 5.00 - 5.45	4 - 7 years 8 - 14 years
Tuesday	Cafe West, Wanstead Cres, BD15 7PA	6.30 - 7.30	Adults Dance Fitness
Wednesday	St James Community Hall, Beaufort Grove, BD2 4LG	4.00 - 4.45 5.00 - 5.45	4 - 7 years 8 - 14 years
Thursday	St Bede's & St Joseph's Catholic College (Ignis Site) Cunliffe Road, BD8 7AP	5.00 - 6.00	4 - 14 years
Saturday	Bolton Woods Community Centre, Livingstone Road, BD2 1BD	10.00 - 11.00	4 - 14 years
Sunday	Zara Sports Centre, Thorn Lane, Bingley Road, BD9 6NA	12.30 - 1.30	5 - 14 years

First session is FREE £2 per session after

For more information contact Laura -

[bradfordactivedance@gmail.com](mailto:bradfordactivedance@gmail.com) / 07719801013

JOIN US:  
MOVE. PLAY.

BE BOLD. BE B.A.A.D

SEARCH JOIN US MOVE PLAY ON FACEBOOK

**jUMP DANCE**

JUMP IS HERE TO INSPIRE, ENERGISE AND SUPPORT OUR CHILDREN WITH FUN DANCE SESSIONS. WORKING ON A DIFFERENT RANGE OF DANCE STYLES TO GET YOU GROOVING!

**Saturday Mornings During Term Time Only**

WHERE: Bolton woods Community Centre, 71 Livingstone Rd, Bradford, BD2 1BD

TIME: 10.00am - 11.00am AGES: 5 - 14

FIRST SESSION IS FREE, £2 per session after

WEAR COMFORTABLE CLOTHING, bring your own WATER BOTTLE

For More INFO call LAURA LIDDON on 07719801013 or email LAURA.LIDDON@BRADFORD.GOV.UK

Follow us on Facebook @JUMPANCEBRADFORD, Instagram @2021JUMPANCE, Twitter @JUMPANCE2021

Logos: JUMP DANCE, BRADFORD ACTIVE BRADFORD, LOTTERY FUNDED, THE GATEWAY

## Come and join a new Adventure?



We are looking for young people aged 6 - 14 to join our scout group, in Beavers, Cubs or Scouts! Want to make new friends, learn new skills and have fun?

If you answer YES! Then we could be the choice for you!



Beavers - Age 6 - 8 - Thursday 6:15pm - 7:30pm  
 Cubs - Age 8- 10.5 - Monday 6:30pm - 8pm  
 Scouts - Age 10.5 - 14 - Friday 7:30pm - 9pm

Our group meets at St Andrews Church Undercliffe on above nights, please contact us for more information via email - [Group29thbradfordnorth@hotmail.com](mailto:Group29thbradfordnorth@hotmail.com) or just turn up on the night relevant to you.



Scouts

# COMMUNITY NEWS



## SUMMER HOLIDAY CLUB SHOW IN A WEEK

  
**SCHOOL  
OF  
ROCK**  
5-9 AUGUST

  
Roald Dahl's  
**Matilda**  
THE MUSICAL  
19-23 AUGUST

MAKE NEW FRIENDS  
LEARN NEW SKILLS  
GAIN CONFIDENCE

- 9AM-3PM DAILY
- SHOWTIME AT 4PM ON THE FRIDAY
- BRING A PACKED LUNCH
- OUTDOOR PLAY AREA DURING BREAKS
- BASED AT IDLE PRIMARY SCHOOL
- SUITABLE FOR BOYS & GIRLS ALIKE
- OPEN TO THOSE AGED 5YRS-12YRS
- NO EXPERIENCE NEEDED

**£95**  
PER WEEK OR  
BOTH WEEKS  
FOR £170

10% sibling discount available using SIB10  
Price includes two tickets to the show

Additional show tickets available  
to buy subject to availability

 **VENUE**  
**IDLE PRIMARY SCHOOL,**  
**BOOTH ROYD, BD10 8LU**



BOOKING OPEN <https://www.wingsacad.com/what-we-offer/>

# HALF TERM ACTIVITIES

A vibrant poster for the Challenge Festival 2024. The background is dark with a glowing blue and red abstract design. A hand is shown playing a guitar. The text is in bold, yellow and white fonts. A QR code is in the bottom right corner.

**FREE ENTRY**

**MAIN STAGE**  
Saturday, 25th May  
Low River | The Wind-Up-Birds | Kill The Silence | Disco Machine Gun | Stand Alone | Gareth Gates | Syteria | West Riding | The Trilogies

Sunday, 26th May  
Tribute Acts to Kylie Minoque, Vengaboys, Madonna and Steps, also Rachel Modest | Silverfinger Sigh plus Guests

**CHALLENGE FESTIVAL**  
25-26 MAY 2024

**MYRTLE PARK, BINGLEY**

Street food & bar, stalls, family fun games, street performance, superheroes- Spiderman and Bumble-Bee, funfair and more

[www.challengefestival.co.uk](http://www.challengefestival.co.uk)



**Saturday, 1 June (11am - 3pm) at Cliffe Castle Museum**

**FREE (donations welcome)**

Artist Louise Garrett leads a workshop exploring nature with mark making and drawing.

Here's what's happening:

**11am - 12pm:**

A "quiet hour" especially for children with SEN/ Neurodiversity.

There will be limited places for this session- please e-mail [nicola.fox@bradford.gov.uk](mailto:nicola.fox@bradford.gov.uk) to book

**12:30pm - 3pm**

Suitable for families of all ages.

Drop-in, no need to book.

# HALF TERM ACTIVITIES

## Spring Bank: 'Putting You in the Picture' Family Activities



**Wednesday, 29 May (11am - 3pm) at Bradford Industrial Museum**

**FREE**

Join a fun-filled family day at Bradford Industrial Museum this May Spring Bank Holiday! The 'Putting You in the Picture' event will transport you to the golden age of television, where you can immerse yourself in the fascinating history of Baird's TV.

Explore the exhibition, where you'll learn about the groundbreaking work of John Logie Baird, the inventor of the television. Get hands-on and help to build an old-fashioned TV, experiencing the excitement of creating something truly special. Become a news presenter or star in your own advert, capturing the magic of broadcasting.



Scan the QR code to access the 'Visit Bradford' website where you will find a wide range of activities for the half term holidays.

Or click [here](#)

# WEEKLY UPDATES

## ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **24/05/2024**

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	95.5%	2
Willow	95.5%	3
Kandinsky	91.4%	2
Matisse	94.7%	1
Lowry	97.0%	1
Van Gogh	91.3%	4

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	84.9%	3
Roald Dahl	89.0%	2
JK Rowling	94.4%	1
J Wilson	78.0%	3
Elgar	92.7%	3
Mozart	91.9%	2
Beethoven	90.6%	1
Vivaldi	95.0%	3

Congratulations to **Lowry Class** and **Vivaldi Class** for having the **best attendance** this week.

Our whole school attendance this week:

**91.5%**

## COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

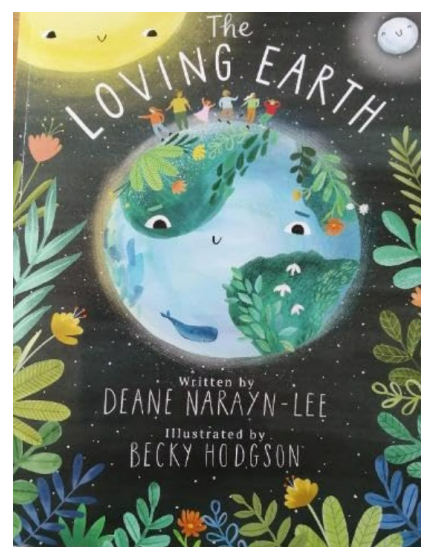
<b>WEBSITE UPDATES:</b>	National Online Safety - Encouraging Healthy Habits
<b>LETTERS:</b>	21.05.24 - Year 4 Jorvik Trip 23.05.24 - Year 4 Nell Bank Residential Assembly
<b>MESSAGES VIA PARENTAPPS:</b>	24.05.24 - Year 5 Homework

# COMING UP IN SUMMER TERM

## SUMMER TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	06.06.24	2.30pm	Year 4 Residential Assembly
Thursday	13.06.24	2.30pm	Matisse Class Assembly
Thursday	20.06.24	2.30pm	Willow Class Assembly
Thursday	27.06.24	2.30pm	Elm Class Assembly
Thursday	04.07.24	2.30pm	Kandinsky Class Assembly
Thursday	18.07.24	1.45pm	Year 6 Leavers Production

Deane Narayn-Lee, a local author who has written 'The Loving Earth' will be coming into school on Tuesday 4th June. He will be conducting assemblies throughout the afternoon. If you would like to purchase a copy of his book, please send £8.99 in a named envelope or purchase through Parent Pay. These books will be signed by Deane in school.



We will be launching a virtual book fair for children in the week beginning 10<sup>th</sup> June through Bookworms. All books can be purchased by parents for just £2.50 each! Stock up your book shelf with some lovely new books! These will then be delivered to school and handed out. School will also receive one free book for every five purchased. Further information will be sent out shortly. Please see the website to look at the vast choice of new books available -

[www.bookwormsonline.co.uk](http://www.bookwormsonline.co.uk)

# REMINDERS

## BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.50 each per day or at 7.45am at the cost of £2.00 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

## AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.00 each per day.

If you would like to book your child into After School Club, please use ParentPay.

## EXTRA CLUB

We also offer an Extra Club service that runs until 5.30pm at a cost of £4.00 per day.

If you would like to book your child into Extra Club, please use ParentPay.

**Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.**

**If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.**

## COMING UP NEXT HALF TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Friday	28.06.2024	All Day	Nursery Trip - Swithens Farm
Tuesday	02.07.2024	All Day	Year 6 Trip - Cardigan Fields
Friday	05.07.2024	All Day	Reception Trip - Thornton Hall Farm
Thursday	11.07.2024	All day	Year 1 Trip - Yorkshire Wildlife Park
Friday	12.07.2024	All Day	Year 2 Trip - Sheffield Butterfly House
Friday	12.07.2024	All Day	Year 4 Trip - Jorvik Centre



# MENU 03/06/24

## Swain House Primary School WEEK 3

W/C  
22nd Apr, 13th May,  
3rd June, 24th June,  
15th July

# MENU

For full allergen & nutritional  
information head to  
<https://schoolmeals.bradford.gov.uk>



by **foodquarter**

### Choose from...

**MON**

- Homemade Cheese & Onion Pasty
- Savoury Roll
- Jacket Potato with Cheese & Tuna
- Jacket Potato with Cheese
- Cheddar & Mozzarella Hot Baguette



- Roast Potatoes
- Seasonal Vegetables, Assorted Individual Salads

### Desserts...

- Iced Bun
- Freshly Prepared Fruit

### Choose from...

**TUE**

- Meat Lasagne
- Halal Pasta Bolognese
- Arabiata Pasta
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Garlic Bread
- Seasonal Vegetables, Assorted Individual Salads

### Desserts...

- Banana Mousse
- Freshly Prepared Fruit

### Choose from...

**WED**

- Braised Sausage
- Halal Cottage Pie
- Cheese & Potato Flan
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Creamed Potatoes, Yorkshire Pudding
- Seasonal Vegetables, Assorted Individual Salads

### Desserts...

- Syrup Sponge
- Freshly Prepared Fruit

### Choose from...

**THUR**

- Cheese & Tomato Pizza
- Assorted Sandwiches

- Jacket Potato Wedges
- Baked Beans, Assorted Individual Salads

### Desserts...

- Individual Ice Cream Tub
- Freshly Prepared Fruit

### Choose from...

**FRI**

- Fish Fingers
- Vegetable Pakoras
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Chips
- Seasonal Vegetables, Assorted Individual Salads

### Desserts...

- Chocolate Sponge
- Freshly Prepared Fruit

Suitable for...



**FM**  
CATERING  
SERVICES



# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Encouraging Healthy Friendships'.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

### 1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

### 2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

### 3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people, they're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

### 4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

### 5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

### 6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

### 7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship, to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

### 8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

### 9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

### 10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

### Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



#WakeUpWednesday

The National College®

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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