

Littledean Church of England Primary School

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Loving one another, building each other up

10th September 2021

Dear Parents and Carers,

As part of our **whole school, well-being approach** we will be introducing Trick Box, which is a fun and effective personal development programme, to help children in Key Stages 1 and 2 to:

- Manage emotions and anxiety
- Build confidence
- Make positive choices about actions
- Develop communication skills
- Coach themselves through challenges



From Reception to Year 6 your child will be introduced to 'tricks' and a simple self-coaching model called the Letter Box, designed to give them positive habits for life. We'll be practising the tricks at school regularly and it would be great if you could also practise these tricks at home with your child.

If there is enough interest I am hoping to invite parents/carers to join an evening or daytime mentoring group for parents which will give you an opportunity to learn more about the programme and become familiar with the "tricks" to enable you to support your child at home.

Later in the term you will be given the opportunity to purchase a trick box pack to support your child at home. The junior children will be provided with their own packs for use in School.

For more information about Trick Box and/or joining a Parent's Trick Box mentoring session, Please contact me, Suzanne Webb at the following email address swebb@littledean.gloucs.sch.uk .

Your sincerely

Suzanne Webb
Mental Health Lead

Head Teacher: Mrs Hayley McGoldrick