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7<sup>th</sup> February 2025

Dear parents and carers,

We are hurtling towards half term. It feels like the weeks have disappeared really quickly and the holiday will be here before we know it.

As you know, it was children's mental health week this week and the children were learning how to '*Know Yourself, Grow Yourself.*' Adults have been helping the children to understand when they can reflect on their different emotions, it can help them better understand themselves and what they need. There is lots of useful advice for parents and carers who may need some help to support children and family members' mental health on the Here 4 You website:

<https://here4you.co.uk/for-parents/>

It was lovely to welcome some of you to our coffee morning this week where you had the chance to meet the Mental Health Schools Team. I hope you found it helpful. Thank you for your suggestions for future coffee mornings. We plan to incorporate your ideas into our planning for next term.



Thank you to those of you who have completed the parent and carer survey. We are really keen to hear your thoughts and suggestions. It will only take a few minutes to complete so please take look if you have not done so already:

[Parent and Carer Survey](#)

Next week we will be delivering the NSPCC Speak Out Stay Safe safeguarding programme. I have written to you separately with more information but please speak to a member of the team if you have any questions or concerns.

We are also inviting you to come and see some of the wonderful things your children are doing at school. On Tuesday our team of digital leaders will be leading a workshop for parents and carers about online safety. We will also be celebrating all things creative in our whole school art exhibition on Thursday and Friday after school. Look out for more details later in the newsletter. We hope to see you there!

Have a wonderful weekend.

Manda George

Headteacher



## Rights Respecting School

During Mental Health Awareness Week, it is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing. This week in our rights respecting assemblies we have been discussing Article 24 but many of the other rights that children and young people are entitled to, also contribute to good mental health. We discussed our emotions, feelings and thought about different tools and strategies we could use if ever we feel our mental health is not at its best.



# Online Safety Workshop

Protecting Yourself and Others from Scams  
Online – Special Event! 🛡️

Join us for an essential Online Safety Workshop!

**Date:** Tuesday, 11th February

**Time:** 2:45 – 3:45 pm (In-person)

**Online Session:** 5:30 pm via MS Teams



As part of our **Internet Safety Day**, we're excited to invite **parents, carers and families** to a special workshop led by our **Student Digital Leaders**. This year's theme is:

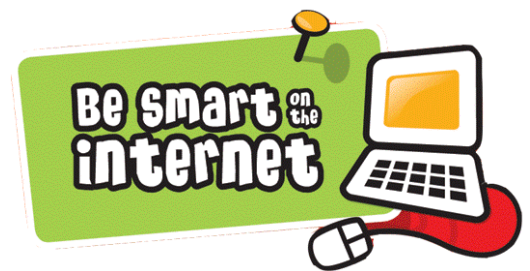
**"Too Good to Be True? Protecting Yourself and Others from Scams Online"**

✦ Topics covered include:

- **Online Reputation:** Managing your digital footprint
- **Artificial Intelligence (AI):** What you need to know
- **Social Media Safety:** Keeping your family safe online
- **Password Protection:** Best practices for security
- **Fake Websites & Phishing:** How to spot scams
- **Gaming Safety:** Tips for safe online play
- **Cyberbullying:** Recognising & preventing harm
- **Screen Time:** Finding a healthy balance

🎯 **Why attend?**

- Learn crucial online safety tips
- Engage with our passionate Digital Leaders
- Access **FREE** resources to protect your family



Can't make it in person? Don't worry, our **online session** at **5:30 pm** will give you all the information you need.

**We highly encourage all parents and carers to attend** – let's work together to keep our children safe online!

## Whole School Art Exhibition

Don't forget to put the  
13<sup>th</sup> and 14<sup>th</sup> February in your diaries  
for the whole school art exhibition in  
the year 5 hall!

Viewing for all families:

3.15 – 6.00pm on Thursday 13<sup>th</sup>

3.15 - 4.30pm on Friday 14<sup>th</sup>



## Bake Sale - Sweet Treats – 13<sup>th</sup> February



13<sup>th</sup> February after school. Please bring any donations to the school office on Thursday at the start of the school day.

Please bring cash to purchase the sweet items.

## Pass It On Torridon!

Friends of Torridon PTA will be running a uniform sale in the playground at pick-up on Wednesday 12th February.

Come along and see what you can find.

On the day we will also have a drop off point for local food bank donations. Please only bring food ON THE DAY



# Royal Institution Science Show Family Show

To celebrate British Science Week, on **Monday March 10<sup>th</sup>**, Torridon Primary School will be hosting a series of science shows by the prestigious Royal Institution. These shows are interactive and jam-packed with experiments, explosions and hands-on participation. During the day, each Key Stage will get to watch the show. After school, there will be an interactive performance for parents and carers. **This show will be free but tickets will need to be reserved.** Please look out for an email on **Tuesday 11<sup>th</sup> February** with further details about how to reserve your place for the show.



## PARENT GOVERNOR VACANCY

**CLOSING DATE FOR APPLICATIONS  
FRIDAY 14<sup>TH</sup> FEBRUARY**

<https://www.torridonprimary.lewisham.sch.uk/contact/vacancies/>

Dear Parents & Carers

I wrote to you all before Christmas to let you know we would be looking for a new parent governor this year – this is your opportunity to be part of the team helping Torridon deliver the best possible outcomes for our students.

Being a governor is a fascinating and rewarding role, and if you think it might be for you, I would really encourage you to take a look at all the information (which will follow by email) and consider sending in an application.

The governing board is a friendly and welcoming group, where we always strive to get a diverse set of views to help ensure we make the best possible decisions for the school.

I really hope you will consider this opportunity, and I look forward to welcoming a new parent or carer to join the governing board soon.

All best wishes

Levin Wheller  
Chair of Governors



## Playground Donations

Calling all families! As you know we are developing our outdoor play this year. We are looking for items for the children to play with in the playground.

We are looking for any **small toy donations** such as dinosaurs, small action figures, Sylvanian Families etc.



We would also appreciate any **clothes for dressing up** – onesies, hats, bags, scarves, skirts, dresses, trousers etc.



## Tamil Dance



Jesika from 5V performed a traditional Tamil dance at Lewisham Sivan Temple and has won a gold award for artistry and technique. Well done Jesika – we are all very proud of you!

## SEND Workshop – Wednesday 5<sup>th</sup> March

### SEND Workshop: Supporting SEN children during mealtimes

Date: Wednesday 5<sup>th</sup> March 2025, 9:00am

Location: Resource Base



The session will focus on common challenges that children with SEN can face during mealtimes and why they can be resistant to trying new foods. We will discuss how you can support your child during mealtimes to reduce eating challenges and increase their exposure to new food groups.

## Book Fair on Friday 28<sup>th</sup> Feb – Wednesday 5<sup>th</sup> March

The Scholastic book fair is returning to Torridon  
Friday 28<sup>th</sup> February – Wednesday 5<sup>th</sup> March.

We will be located in the year 3 and 4 hall. Pupils will have browsing time with their classes during the school day to see the range of exciting books available. We look forward to seeing you there.



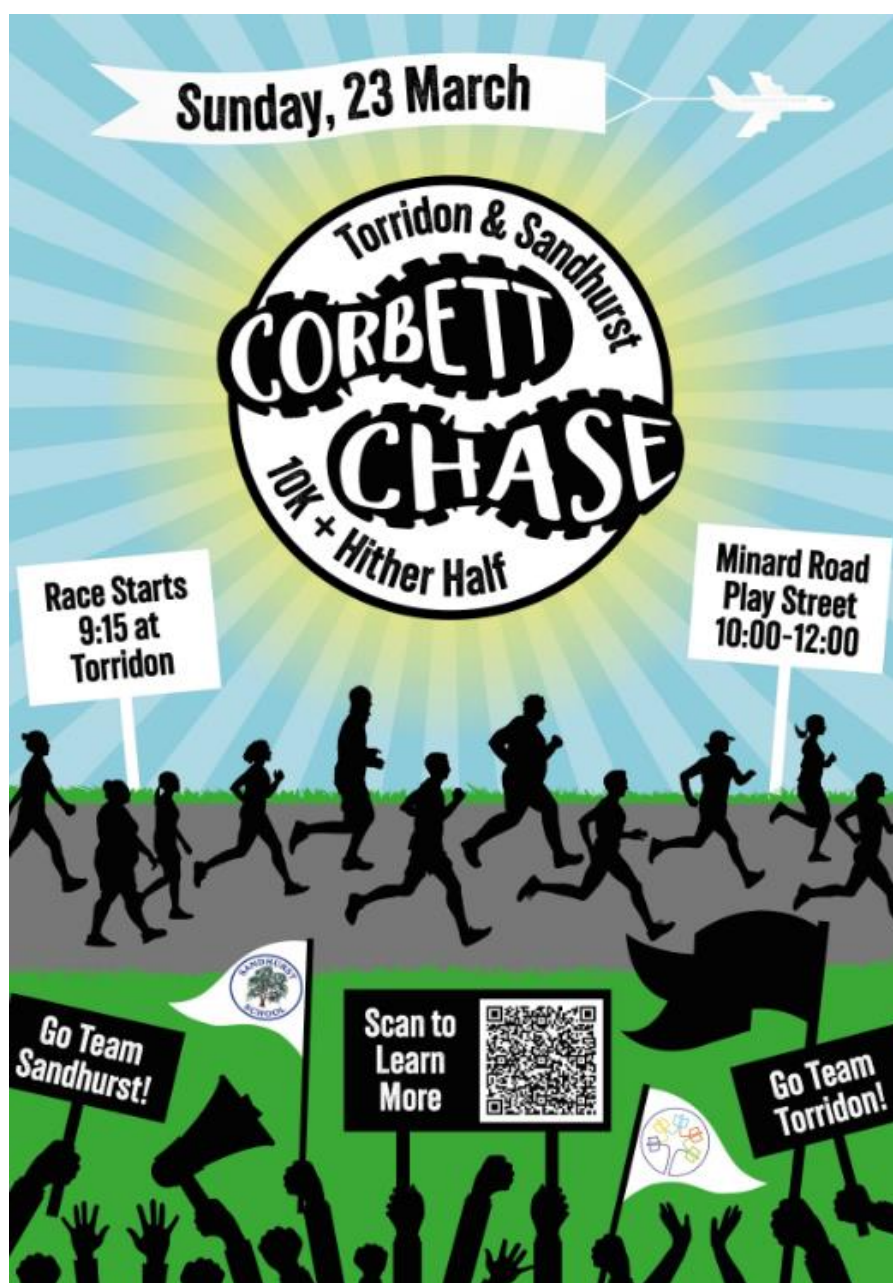
# Corbett Chase

## SIGN-UP NOW FOR THE 2025 CORBETT CHASE - SUNDAY 23rd MARCH!

Calling all runners, walkers and supporters: [Sign-up](#) has begun for this year's [5th Annual Corbett Chase](#), in collaboration with Sandhurst School. Starting at Torridon and finishing at Sandhurst, this 10k and half-marathon weaves round the streets and parks of Lewisham, ending with a community Play Street and cake sale outside Sandhurst. We encourage all to get involved and help make this 5th year the best one yet!

Please indicate your interest in participating - either running, walking, cake-baking or volunteering - here: [SIGN-UP FORM](#).

Any questions? [Check out our info website](#) or email: [friendsoftorridonpta@gmail.com](mailto:friendsoftorridonpta@gmail.com).





## Nursery – Emergency Services

This week in Nursery the children have enjoyed learning about the emergency services. They were fire fighters and they created their own fire engines. They even rescued a stray toy or two from the tree!



## Year 1 – Significant Astronauts

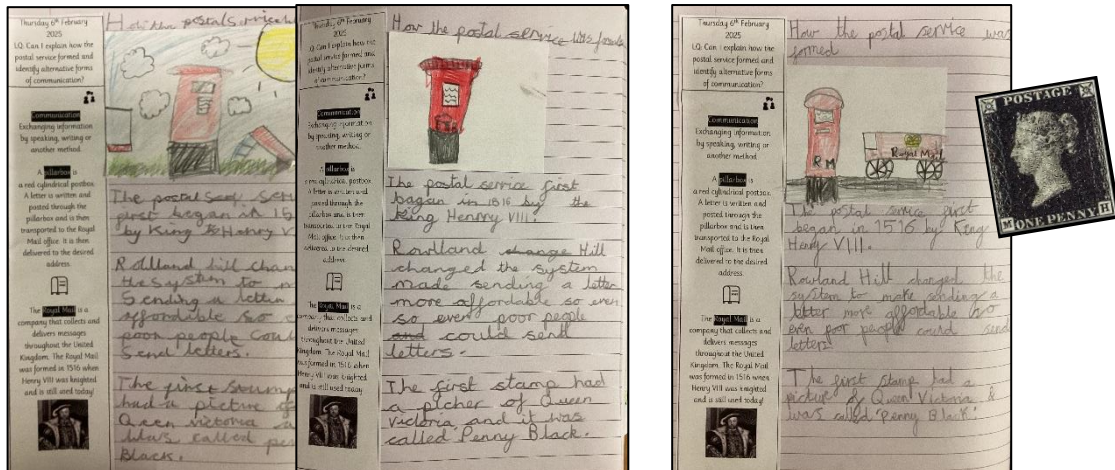
This term, Year 1 have been learning all about the lives of significant astronauts from the past. We used our acting skills to recall information about the first man to ever walk on the moon. Learning about other awesome space heroes such as: Mae C. Jemison, Bernard Harris Jr and Tim Peake inspired us to use our DT skills and make our own astronaut helmets!





## Year 2 – Changes in Communication

This week year 2 have been continuing to learn all about the changes in communication. The creation of the postal service was our focus this week. Did you know that the world's first postal stamp was called The Penny Black? Take a look at our lovely learning...



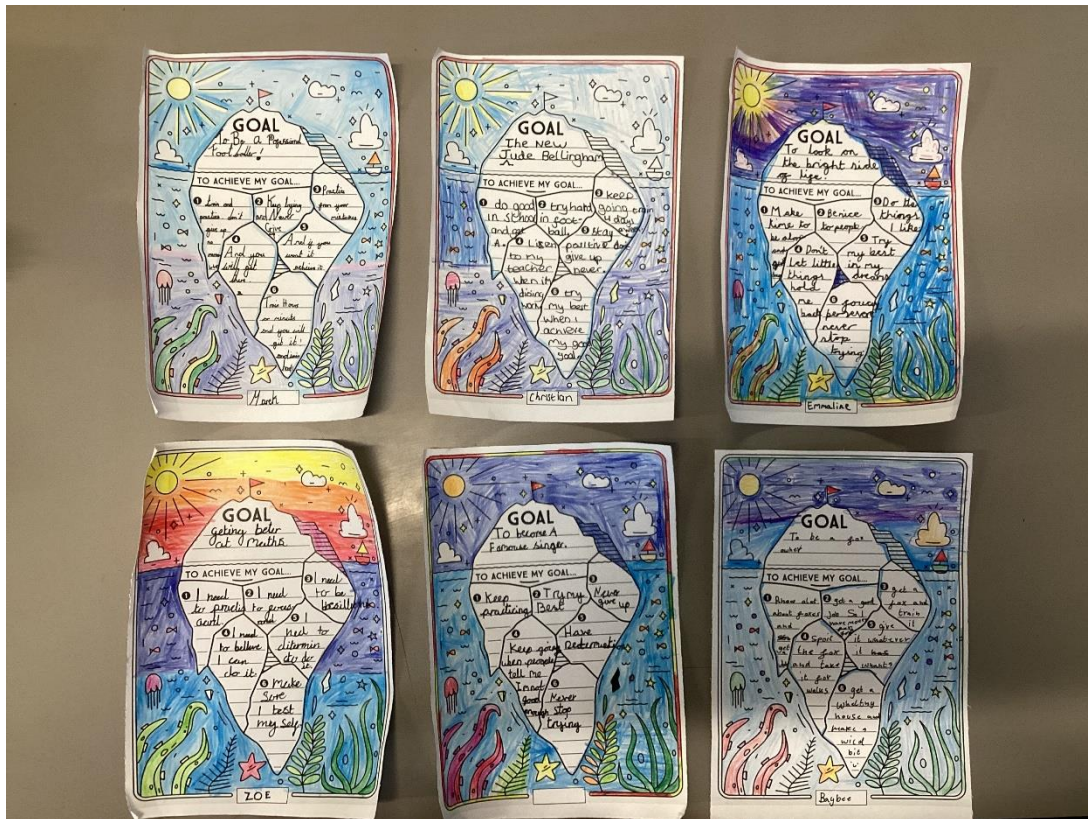
## Year 3 – Design and Technology

In Design and Technology, we are learning about food and nutrition. This week, we prepared a fruit salad. We discussed nutrition, and why food is important for our bodies and minds. We then discussed food safety, including the importance of washing our hands before we prepare food, and how to safely cut the fruit. We used the bridge and claw technique whilst cutting. The best part was eating our delicious fruit salad, with a dollop of yogurt!



## Year 4 – Dreams and Goals

In PSHE we have been thinking about our 'Dreams and Goals'. We created a piece of art which shows an iceberg. At the top, we had to write our goal. Underneath, we had to think of 5 things we can do to help us achieve our goal.



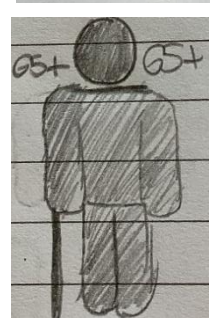
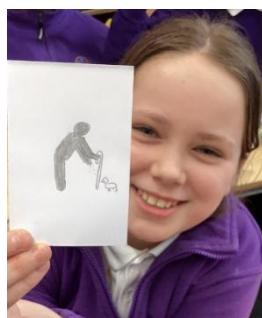
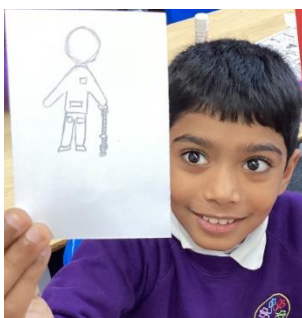
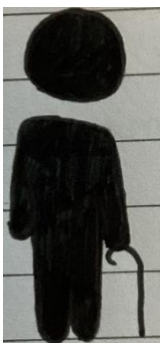
## Year 5 – Older Adults Icon



This week during our science lesson, Year 5 looked at the icon often used to represent older adults.

However, we didn't feel like this was a true representation of the older adults we know and love so dearly, so we redesigned it. Have a look at what we came up with. What do you think?

Is this a better depiction?





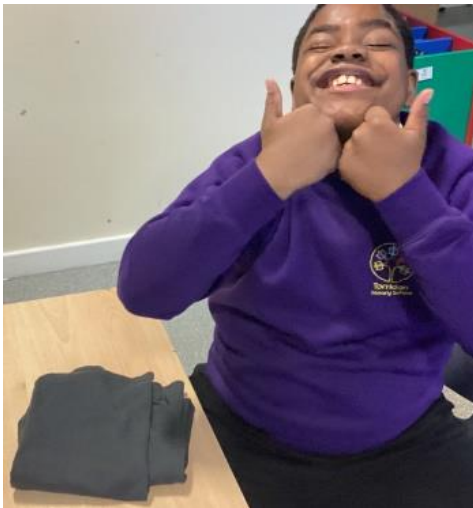
## Year 6 – Science

Is yeast a living microorganism?

Year 6 have been working scientifically this week. We were observing and measuring the reaction yeast has when mixed with hot water and sugar. Our control variable was the amount of sugar and we wanted to investigate if yeast can respire; therefore, making it a living organism. Year 6 observed the changes and measured the circumference of the balloons at timed intervals. We found that the bottle with the most sugar was respiring the most and had the largest circumference. We concluded that yeast is a living microorganism.



## Resource Base – Life Skills



We have continued to learn different life skills every week. The children in Blue Pathway learned how to fold their own clothes to develop their independence and self-care. They really enjoyed having a go at folding their uniforms and managed to fold most of their clothes perfectly!





## Forest School News

This week the Resource Base took on the challenge to build a waterproof shelter at Forest School. There was amazing teamwork and incredible co-operation amongst the children to create their structures. Once built the children tested the shelters by pouring water over them to lots of laughter from their friends in anticipation.



The children in Year 4 have added to their life skills this week by progressing with the use of tools. It is time to chop our kindling wood down in preparation for the fire and the children held a mallet and sheaf knife independently to cut the wood to size.



# School Refusal Webinar

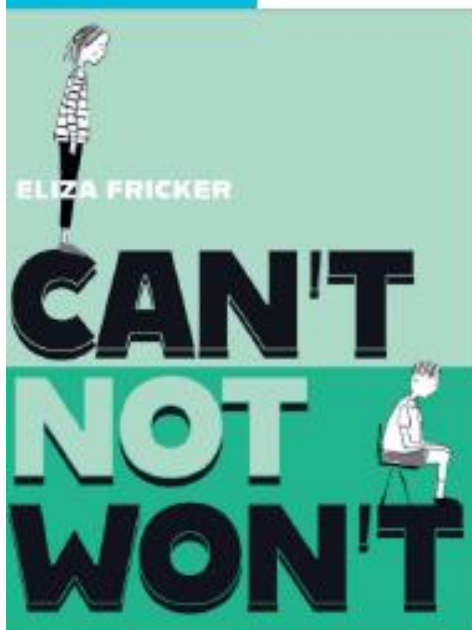


Free on-line webinar

## Emotionally Based School Non-attendance

Presented by Eliza Fricker & Laura Kerbey

Thursday 13th February at 7:30pm



**ELIZA FRICKER** is an author & illustrator, and an advocate & consultant for PDA, autism and learning. She has published several books, including [A Different Kind of Parenting](#), the Sunday Times Best-selling title [Can't Not Won't](#), and the acclaimed autobiographical [Thumbsucker](#).  
[www.missingthemark.co.uk](http://www.missingthemark.co.uk)

**LAURA KERBEY** is a neurodiversity trainer and educator and founder of P-AST who provide training, support, assessments and counselling services to children, young people, families and professionals. She is the author of [The Educator's Experience of Pathological Demand Avoidance: An Illustrated Guide to Pathological Demand Avoidance and Learning](#)  
[www.p-ast.co.uk](http://www.p-ast.co.uk)

Book your place at the webinar by using the link below:

[Register Here](#)

Once you have registered you will be sent a confirmation email with a link to the online event.








## Dates for Your Diary

|   |  |
|---|--|
| Tuesday 11th February   | Safer Internet Day<br>Online Safety workshops<br>(2.45pm in person OR 5.30pm online) |
| Wednesday 12 <sup>th</sup> February                                 | PTA Uniform Sale   |
| Thursday 13 <sup>th</sup> February                                  | Year 6 Bake Sale   |
| Thursday 13th and Friday 14th February                              | Whole school art exhibition  |
| Friday 14th February  | PTA fundraiser (Non-uniform day)   |
| <b>Monday 17<sup>th</sup> –<br/>Friday 21<sup>st</sup> February</b> | <b>HALF TERM HOLIDAY</b>   |
| Monday 24 <sup>th</sup> February                                    | Year 4 swimming starts   |
| Friday 28 <sup>th</sup> February – Thursday 6 <sup>th</sup> March   | Book Fair  |
| Tuesday 4 <sup>th</sup> March                                       | Year 5 Live Dance at Catford Broadway Theatre  |
| Wednesday 5 <sup>th</sup> March                                     | UNITY Live Dance at Catford Broadway Theatre   |
| Thursday 6 <sup>th</sup> March                                      | WORLD BOOK DAY   |
| Friday 7 <sup>th</sup> March  | Year 5 and 6 girls' football tournament  |
| w/b Monday 10 <sup>th</sup> March                                   | National Science Week  |
| Monday 10 <sup>th</sup> March                                       | Yellow class to Mudchute Farm  |
|   | Family Science Show  |
| Thursday 13 <sup>th</sup> March                                     | Red class to Mudchute Farm   |
| Friday 14 <sup>th</sup> March                                       | Blue class to Mudchute Farm  |
| w/b Monday 17 <sup>th</sup> March                                   | Whole school assessment week   |
| Friday 21 <sup>st</sup> March                                       | Red Nose Day   |
| Sunday 23 <sup>rd</sup> March                                       | Corbett Chase  |
| Tuesday 25 <sup>th</sup> and Thursday 27 <sup>th</sup> March        | Parent and Carer open evenings   |
| Thursday 27 <sup>th</sup> March                                     | EYFS Parent and Carer workshop   |
| Tuesday 1 <sup>st</sup> April                                       | Year 5 and 6 tag rugby festival  |
| Friday 4 <sup>th</sup> April  | Woodland Dress Up Day<br>Last day of the spring term (2pm finish)                    |
| <b>Monday 7<sup>th</sup> – Monday 21<sup>st</sup> April</b>         | <b>EASTER HOLIDAY</b>  |
| Sunday 8 <sup>th</sup> June   | Family Fun Run (Forster Park)  |



# Weekly Attendance

| Class | Attendance |   | Class | Attendance |   | Class | Attendance |   |
|-------|------------|---|-------|------------|---|-------|------------|---|
| 1M    | 95%        |   | 3A    | 99%        |  | 5V    | 88%        |   |
| 1N    | 97%        |  | 3G    | 90%        |   | 5L    | 91%        |   |
| 1W    | 95%        |   | 3S    | 93%        |   | 5C    | 86%        |   |
| 2S    | 93%        |   | 4K    | 90%        |   | 6R    | 90%        |   |
| 2SW   | 94%        |   | 4L    | 97%        |   | 6A    | 91%        |   |
| 2E    | 91%        |   | 4S    | 95%        |   | 6L    | 92%        |  |

Well done to the whole school for having good attendance this week.  
A special shout out to all the classes who won the attendance cup this week!

## Incredible Years and Kaleidoscope Feedback



### Incredible Years Autism & Language Delay Parenting Programme

**Starting: Tuesday 25th February 2025**  
**10am - 12 noon**  
**The Early Years Alliance**  
**Camelot, 50 Meliot Road, SE6 1RY**



Parents of children with Autism face a multitude of uncertainties, ranging from navigating social situations to managing sensory sensitivities and addressing communication barriers.

Each day can bring unique hurdles, requiring parents to adapt and learn alongside their children.

This 14–16 session programme is offered to parents of young children (aged 4-9) on the Autism spectrum or with language delays




This programme will help to improve

- Social skills
- Emotional regulation
- Behaviour and anger management
- Parental stress, depression, and anxiety

Contact us at [lewisham.secure@eyalliance.org.uk](mailto:lewisham.secure@eyalliance.org.uk)

[www.lewishamcfc.org.uk](http://www.lewishamcfc.org.uk)

Lewisham and Greenwich   
NHS Trust

Have you or your child or young person had an appointment with community paediatrics at Kaleidoscope?

We would love to hear your views!

How do you feel about what the report said?

Is there anything else you want in the report?

Is there anything you didn't like in the report?

Could you understand what was written in the report?

We need your help to make our clinic reports/letters better! We're planning to make some phone calls and/or have a group chat, but you can also share your thoughts by email.

Who can help?

Parents or carers of a child or young person aged 0-19, or the young person themselves, who have had an appointment with community paediatrics and received a report or letter after the visit.

How can you help?

Email us if you want to take part at [lg.communitypaediatricsecretaries@nhs.net](mailto:lg.communitypaediatricsecretaries@nhs.net). Let us know if you'd like a phone call, to join the group chat, or just share your thoughts by email. Please let us know the best phone number and times to call.

Was the report too long or too short?

How could our reports be better?

 To be exceptional



## STARS OF THE WEEK

| Class        | Name         | Reason  |
|--------------|--------------|---|
| Nursery FT   | Josiah U     | For being independent during lunch time. Well done, Josiah! 😊   |
| Nursery AM   | Theophilus   | For joining in and sharing his knowledge about fire fighters and fire stations. Well done, Theophilus! 😊  |
| Nursery PM   | Tabitha      | For settling so well into Nursery and playing nicely with your friends. Well done, Tabitha! 😊   |
| Blue Class   | Naiya-Milaan | For her huge improvement in communication this week!  |
| Red Class    | Oscar        | For his positive attitude to his learning this week and building his resilience. Well done! 😊   |
| Yellow Class | Omar         | For a positive attitude to his learning and school this week. Well done!  |
| 1M           | Milan        | For working incredibly hard to develop her resilience. She has been trying her best, especially in our writing lessons. Keep it up Milan!   |
| 1N           | Aaron        | For his exemplary behaviour. Aaron is an excellent role model as he is kind and considerate to everyone, he follows all the school rules and always focuses on his learning. Keep up the great work! 😊  |
| 1W           | Tabitha      | For working extremely hard on her phonics. As a result, she is making steady progress and growing in confidence. Keep it up!  |
| 2E           | Lula         | For always having such a fantastic attitude towards her learning. She has been trying really hard in all areas! She is never afraid to ask questions AND her handwriting has improved so much. I am so proud of her. Well done Lula! 😊                            |
| 2S           | Cameron      | For his amazing effort in writing this week and for also being such a kind friend! Well done for always supporting your peers and congratulating others on their successes whilst also celebrating your own. What an amazing quality to have! Well done Cameron 😊 |
| 2SW          | Oghene       | For working so hard to improve her learning. She is always determined to try her best and never gives up, even when she finds something tricky. Well done Oghene, keep it up! 😊   |
| 3A           | Jared        | For doing a super job at identifying the features of a newspaper report. Your presentation was also beautiful! Well done 😊  |
| 3G           | Novarna      | For always helping in class and for helping her peers with their ideas in writing. Well done Novarna 😊  |
| 3S           | Issa         | For making a fantastic start at Torridon. Well done Issa, keep it up! 😊   |
| 4K           | Finlay       | For showing a great effort in his presentation and handwriting in his books. Well done Finlay 😊   |
| 4L           | Iona         | For always trying hard and following instructions quickly and sensibly. She is kind and enthusiastic – even doing extra creative pieces of art at home to bring in. Well done Iona.   |
| 4S           | Christian    | For demonstrating perseverance by using mistakes as learning points, especially in maths. Well done, Christian! What a positive attitude 😊  |
| 5C           | Madison      | For displaying good learning behaviour in her lessons this week and participation in class. Well done!  |
| 5L           | Sophie       | For always being a role model and consistently embracing our core values.   |
| 5V           | Maria        | For working incredibly hard to improve her mathematical skills. It has been a pleasure to see her confidence grow. Well done. 😊   |
| 6A           | All of 6A    | For your perseverance during your assessments this week. Really proud of your commitment, resilience and the progress you've made. Keep it up!  |
| 6L           | 6L           | For your hard work and dedication throughout assessment week. Well done!  |
| 6R           | Holly        | For demonstrating an excellent attitude during assessments showing resilience and focus consistently. Well done.  |
| RB Blue      | Gabriel      | Well done for engaging with your learning independently this week.  |
| RB Green     | Gabriel      | Well done for being really calm around other children, even when it was difficult.  |

# Fun Things To Do

**FEB 17TH - 21ST** NEXT THING EDUCATION PRESENTS **9am-4pm**  
**FEBRUARY HALF TERM**

**TECH CAMP**

Ofsted Registered

**FEBRUARY CAMPS 2025**

£39.99 PER DAY OR £175 FOR 5 DAYS FOR BOYS AND GIRLS AGED 5-11

FIND YOUR NEAREST CAMP ON OUR WEBSITE  
[www.nextthing.education](http://www.nextthing.education)

SCAN FOR LOCATIONS MAP

NEXT THING EDUCATION CAMPS PRESENTS  
**FEB HALF TERM 2025**  
17TH - 21ST FEBRUARY 2025

Coding & Robots

Circuits & Inventions

Creative Technology

Expert Engineers

Media Madness

Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

**17TH - 21ST FEBRUARY - LIMITED SPACES**  
AGES 5 - 11 MULTI DAY BOOKING DISCOUNTS!

**What Parents Say**

"Absolutely Fantastic!  
First time attending &  
my son loved it!"

★★★★★

**HOW TO BOOK**

**STEP 1**

SCAN THE QR CODE

**STEP 2**

FIND YOUR NEAREST CAMP

**STEP 3**

BOOK ONLINE SPACES LIMITED

**BOOK**

**W: [WWW.NEXTTHING.EDUCATION](http://WWW.NEXTTHING.EDUCATION)**  
**E: [INFO@NEXTTHING.EDUCATION](mailto:INFO@NEXTTHING.EDUCATION) T: 01442 873150**

**Boppin' bunnies**  
Live Music for Little Ones

**HALF TERM MUSIC PARTY**

**SATURDAY 22ND FEBRUARY**  
SHOWTIME: 10:00am (Mixed Ages)

Join us for our interactive Saturday Family Music Show!  
Come and participate with our instruments, led by Anna on Violin.  
Online booking essential  
£11 per child, £5.50 for siblings [www.boppinbunnies.co.uk/shows](http://www.boppinbunnies.co.uk/shows)

Telegraph Hill  
Centre, Kiffo Road,  
New Cross SE14 5TY

@BoppinBunnies

@boppinbunnies

@Boppinbunnies





Saxon Crown Swimming Club is introducing a new squad which will comprise the Club's youngest new entrants.

The minimum requirement for swimming ability is equivalent to Swim England Stage 5, ie the swimmer must be able to comfortably and confidently swim 10 meters front crawl, back stroke and breaststroke and be able to kick in all four strokes. Starfish squad will swim one 45-minute session per week while they progress under our qualified coaches towards competitive swimming.

If you'd like to organise a trial for your child or have any questions, please email [developmentofficer@saxoncrown.org.uk](mailto:developmentofficer@saxoncrown.org.uk).

### **Starfish Squad**

**Age Group:** 5 - 9 years old

**Standard:** Swim England Stage 5

**Aim:** To improve coordination and technical skill, stroke efficiency and speed for 25 meters.

**Ability:** Able to swim 10 meters front crawl, back stroke and breaststroke. Able to kick in all four strokes.

**Commitment:** To attend the session each week.

**Progression:** According to training criteria and competitive performance.

**Equipment:** Appropriate swimwear must be worn: one piece costume for girls and no baggy shorts for boys. Swimmers with long hair will also need a hat, and clear swimming goggles.



## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



WakeUp  
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