



Netherfield Primary and Pre-School

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Introducing The Shine & Succeed Programme for Year 5 at Netherfield Primary School!

Dear Parents/Carers

Commencing on Tuesday 12 January, Kidsskills4life will be working with your child's class once a week (for the next eight Tuesday afternoons), providing the children with a self-awareness & confidence 'toolkit' which includes aspects of:

- Building Self-belief, Confidence & Self Esteem
- Developing Mindfulness Skills
- Raising Self-awareness & Promote Personal Responsibility
- Increase Positive Thinking
- Grow Compassion, Kindness & Respect for self & others
- Handle Conflict & Be Assertive
- Self-management of Emotions

Kids skills 4 life



Growing confident, caring and courageous kids

Why are we doing this?

We've created this programme to give children the opportunity to develop the gifts of self-belief, confidence & self-awareness. We believe that between 7-11 years old is a crucial time for children and their development, and this programme will help them to build a solid foundation for what's next in life, whether it's a new school or dealing confidently with new situations & challenges. During the sessions, children will learn important life skills, how to manage their emotions and build their own emotional well-being 'toolkit'. There will also be a range of fun, practical activities that will help to develop self-esteem, self-belief & self-awareness.

We will assume you are happy for your child to participate if we do not hear from you. **If you DO NOT wish them to participate, please complete the slip below and return it to the school office by Monday 11 January.**

Kind regards
The Year 5 Team



The Shine and Succeed Programme – Kidsskills4life – Year 5

If you DO NOT wish your child to participate in our programme, please complete this form and return to the school office by Monday 11 January 2016.

Child's Name _____ Class _____

I do not wish my child to take part in the pilot programme.

Signed _____ Parent/Carer

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