



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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23rd May 2024

"A friend may be waiting behind a stranger's face."

Dear Parents/Carers,

As we approach the end of this half-term, we are excited to share with you some of the remarkable achievements and memorable moments from this week in the 'Shobnall Showcase' further on in the newsletter! This has been a very fitting way to end the half-term.

The weather has been very mixed for us this week, so I do hope that it becomes a little 'summery' as you all ease yourselves into the half-term break. On a personal note, I am hoping for some sunshine myself as many of you will now know that I am getting married next week! Thank you all so much for your kind words and well wishes. I look forward to sharing some photographs with you when we return to school in June!



As we are now creeping ever closer to the summer, please don't forget to send your child to school with sunscreen on and sunhats when we are due to have a particularly hot day. Many thanks for your support with this.

We would like to take this opportunity to wish each and every one of you a very happy half-term! Please note that school is due to re-open on **Monday 3 June 2024**. Also, don't forget to scroll down to the diary dates at the end of the newsletter too to check what is happening in school during next half-term and beyond!

From everyone in school, we wish you a very happy and enjoyable half-term!



Nursery Places Available for September!

We do still have a few places left in our Nursery setting for September, so please enquire if you or someone else you know within the community, would like a place in our outstanding school.

Further information can be found on our school website [Admissions](#) page on how to apply for a place.

Sports Day – Monday 10 June 2024

With Sports Day scheduled to take place on **Monday 10 June 2024**, we wanted to share with you our plans for the event which you are all invited to. If necessary, the reserve date is Wednesday 12 June 2024.

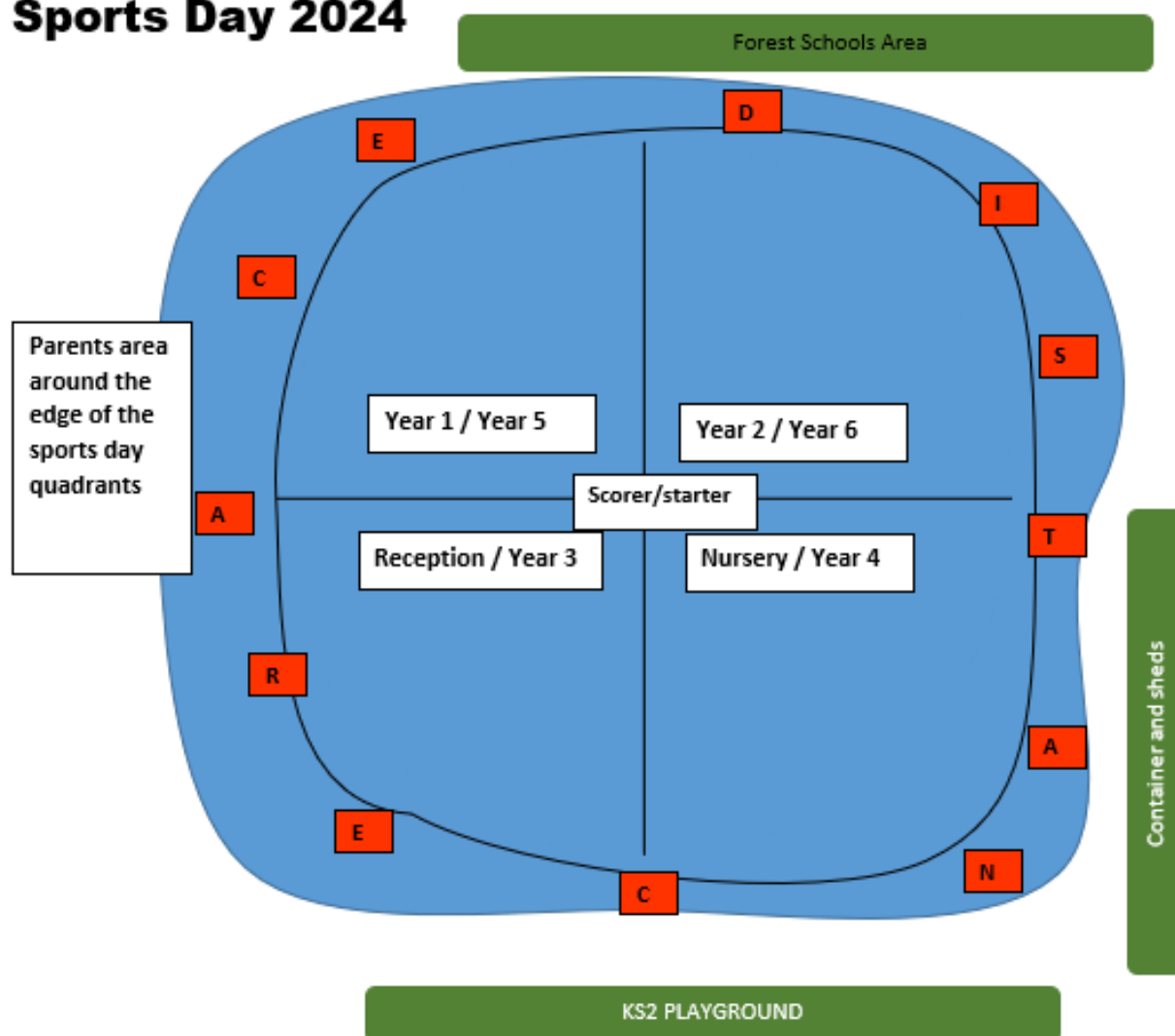
To ensure for a fully inclusive event, the children will be competing in a range of challenges within their own class zone (see plan below). This has worked so well over the past few years, and the children have loved it! They will be participating in a carousel of track and field events in their zones, allowing parents to spectate from around the edge. Due to the organisation, **EYFS/KS1** will compete in the **morning**, starting at **9.15am** and **KS2** will compete in the **afternoon**, starting at **1.15pm**. At the end of each session, we will total up the

team points, announcing the overall winning house at the end of the day on Twitter (X). Some other points to note are:

- The PFA are running a barbeque at both events, so please bring some cash if you would like to purchase any drinks or snacks.
- Unfortunately, we are unable to provide a high number of chairs, so you are more than welcome to bring your own to sit on.
- Please could ALL children come appropriately dressed in their PE kit on the day. Please see <https://shobnallprimaryschool.co.uk/school-uniform/> if you need further guidance.
- Please could ALL children ensure they have their water bottles in school with them on the day. If the weather is especially warm, sunhats are an essential as is coming to school with sun cream on.

Many thanks to Mrs Welch and Mr Attwood for organising this event, and we look forward to seeing you there for a great day of sporting competition. Many thanks for your support.

Sports Day 2024



Dove Valley Hockey Champions

On Friday 17 May, 32 children from Shobnall Primary & Nursery School represented the school in the Dove Valley Hockey Tournament at Shobnall Leisure Complex. The weather was perfect, and the children represented the school wonderfully, which made us all exceptionally proud!

The A team went through from their group as the top team and went into the final against Richard Wakefield. This was always going to be a difficult game as a number of the Richard Wakefield team play with some of the Shobnall Team at Barton Hockey Club, so they know each other very well!

The team started well and put Richard Wakefield under pressure. This paid off when Shobnall scored a goal. But this spurred Richard Wakefield on, and they started to press forward but they were not going to beat the Shobnall goalkeeper, Euan Wilson, who made some great saves to keep Shobnall in front. The game turned again and this time it was Shobnall that pressed forward, putting pressure on Richard Wakefield, but they held off and the final score stayed at Shobnall 1, Richard Wakefield 0 to make Shobnall the winning team.

The B team played off for the 3rd place slot against Rykneld Primary School. Shobnall had good pressure at the start and could have scored a goal but then Rykneld came forward and great saves by Dexter Jordan kept Shobnall in the game. Shobnall pushed forward again but could just not find the winning goal, the game ending at 0-0, and the 3rd place being shared by the teams.

It was a great day out and we were very proud of the children, who represented the school beautifully. Thank you to all the staff that made it possible for so many children to attend the tournament.



JTMAT Drama Excellence

Last Tuesday, Miss Brewin took a group of key stage 1 and key stage 2 pupils to Lichfield Garrick Theatre, where they were tasked with performing a poem written around the theme of JTMAT Trust Values in front of an esteemed panel of judges. The performances were all so amazing, it was hard for the judges to decide! We were absolutely delighted to be announced as winners of the Key Stage 2 Primary Competition! A HUGE “well done” and “congratulations” to Harry, Thea, Gordon and Elliot who each won two tickets to see, ‘A Tiger who Came to Tea.’ We are also very proud of Miss Brewin, who facilitated and led this work!



School Council News!

Thank you to Miss Brewin and our School Council for hosting a cake and lemonade sale this week! They raised a total of **£181.00**, which will be donated to NSPCC (National Society for the Prevention of Cruelty to Children) and Cancer Research UK. Both organisations do incredible work, and your support will help them continue their vital missions.

We are thrilled to announce that our school will be hosting a fundraising event on 5 June to support Cancer Research and the NSPCC. On this day, the children will have the

exciting opportunity to throw wet sponges at their teachers for just 50p a go! Mr. Mansfield, Mrs. Welch, and Mr. Bishop are just a few of the courageous teachers who have volunteered to participate. Please ensure that your child brings their donations to school so they can join in the fun and contribute to these vital causes. We hope you will support us in making this event a huge success!

Whitsun

The Spring Bank Holiday, or otherwise known as late May Bank Holiday is a nice day off work and school for most people in the UK, and it falls on the last Monday of the month of May. Here are some facts about this public holiday:

- ★ The Spring Bank Holiday used to be on the Monday after Pentecost, otherwise known as Whitsun or Whit Monday. This was a holiday in the Christian calendar which is a moving feast determined by the date of Easter. This is still a holiday in over 30 countries around the world.
- ★ Until 1967, Whit Monday (which the date shifted year on year) was a formal Bank Holiday in the UK. In 1971 however after a trial period it was shifted to fall on the last Monday of May every year and to be called the Spring Bank Holiday. It's not known why this changed but it might have been in order to cease confusion.
- ★ While most will take a trip, go for a walk, or catch up with friends, others around the country will participate in some strange customs. On this day every year, people race down a steep hill following a large round cheese on Cooper's Hill in Brockworth, Gloucestershire, and the first person to cross the finishing line wins a Double Gloucester cheese weighing about 8lbs. In Endon in Staffordshire, the villagers dress their well, hold a village celebration and crown a girl as the Well Dressing Queen. Local men hold a competition, known as 'Tossing the Sheaf', in which they compete to see who can toss a bale of straw the highest. In other places, boats are blessed, Morris dancers put on displays and local festivals are held.
- ★ Since becoming a Bank Holiday in 1971, the official legislation did not and still does not specify a name for the holiday, merely when it occurs i.e. last Monday of May. While most people call it Spring Bank Holiday, it's also known as Late May Bank Holiday, and Summer Half Term Bank Holiday.



Coffee and Connect

On **Thursday 6 June 2024**, Trent & Dove's Coffee Connect vehicle will be coming to our school! It will be staying until 4.00pm where you will be able to come along and enjoy a coffee.

In 2022, Trent & Dove were awarded a **Healthy Partnership Grant**, which, with the help of **Support Staffordshire** aims to make a difference to the health and wellbeing of Staffordshire residents. The grant led to the launch of **Coffee Connect** – where they take free coffee and conversations into communities via the Coffee and Connect vehicle all with the aim of reducing social isolation.

If you want to find out all the latest updates on where the Coffee Connect vehicle will be, along with lots of other community projects and events that are happening in the local area, follow on **Facebook** [TDCommunities](#).



Online Safety Tips

A study from the British Psychological Society found that the majority of children (71%) had at least one close friend as early as five years old. These connections can form rather quickly and develop with equal speed.

At such a young age, it can be remarkable how suddenly two children can hit it off with one another. However, it is deeply important that children can recognise both the features of a healthy relationship, as well as the potential signs of a less healthy dynamic.

It's common for young people to have comparatively less of an understanding of social conventions. While children can benefit from this to some degree – making friends at the drop of a hat – this can also generate a good deal of confusion regarding certain aspects of any relationships that they form.

This guide offers some top tips on reinforcing the formation of healthy friendships among children and young people.

FREE Uniform!

We have FREE uniform that is available for anyone who needs it, via our donation service. There is a box situated outside the school office for any parents who have old items that they wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box! Amy Roobottom continues sorting, collating and distributing this. If you wish to contact Amy to ask what is available that you might be in need of, please contact her via amyroobottom@outlook.com.



Hot Lunch Options – 3 to 7 June 2024

W/c 6 May, 3 June, 24 June, 15 July 2024

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Chicken tikka masala served with rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	5 Chicken & tomato pasta bake	Crispy battered fish & chunky chips
Vegetarian Main dish	Roasted vegetable pizza	5 Vegetable tikka masala with 50/50 rice	Pb Quorn™ fillet with roast potatoes & gravy	Macaroni cheese	Pb Quorn™ nuggets with chunky chips
Accompaniments	Peas & baked beans Salad bar	Sweetcorn & carrots Salad bar	Carrots & cauliflower Salad bar	Broccoli & green beans Salad bar	Peas & baked beans Salad bar
Desserts	Fruit flapjack	Marble sponge & custard	Lemon cake	Shortbread	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection

IT'S A HOOT

TO EAT MORE FRUIT

KEY

- 1 OF YOUR 5 A DAY
- MEAT FREE MONDAY
- CHEF'S CHOICE
- PLANT-BASED VEGAN

A WORLD OF FUN WITH FOOD

Nellars

"Allergens and intolerances"
 All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens. Your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

Green Libraries Month

Staffordshire Libraries are going green in May with various activities promoting environmental care.

Events include a Science Fair, short film showings, Nature Trail opening, recycled craft workshop, poetry session, mini exhibitions, and story-time workshops.

Partnering with local organizations, they offer activities like pebble painting, sunflower planting, treasure hunts, bug hunts, and litter picks.

They are also giving out plantable bookmarks and pilot biodegradable library cards.

There will also be an opportunity to talk to the Sustrans partners about your neighbourhood and have your say on how we can improve local walking routes.

[Find an activity near you.](#)



SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

Nursery adventures this week...

The Nursery children have had another exciting week. They have been continuing with their class focus book, 'The Enormous Potato.'

The children have been continuing their vegetable adventures and have been showing great care and control when using tools.

Well done Nursery on a great week! What a fantastic end to another half term in Nursery!

Reception

Reception Adventures this week...

It has been a short but very busy week as we continued our bee theme for World Bee Day on Monday! We listened to a piece of music titled, 'Flight of the Bumblebee.' We discussed how the music made us feel and what we noticed about it.

"It makes me calm because in my head I feel toasty." (Millie)

"It made me sad; it was going very fast and making me in a muddle." (Harper)

"It makes me feel tired." (Jacob)

"It goes so fast like click, click, click!" (Hamza I)

"It makes me feel like a busy bumblebee, it's like the bee is collecting nectar from the flowers really fast!" (Ava. C)

We then went onto add our own movements as we imagined the bumblebee collecting nectar from flowers.

On Wednesday we had a very different Forest School adventure as it was full of rain and mud but that didn't stop us from having a fantastic time with lots of fun and laughter. You can find out more and see pictures of us on our Forest School adventures by visiting our Forest School blog on the school website.



We also completed some great first, next, and now stories to show how many items were taken away. There were lots of ways to represent this using ten frames and different typed of resources.

It has been a magnificent half term exploring bugs and we can't believe we have only got one half term left in Reception (don't mention this to Miss Alexander she gets a bit sad!)

We know we are going to have an amazing time exploring our next topic, 'Bon Voyage,' when we return in June!

Year 1

Year 1 have had a lovely week. In Maths, they have continued looking at repeated addition when counting in 2s, 5s and 10s. They have also been sharing and grouping. In English, they have been enjoying learning all about pirates. A highlight of the week was their trip to the zoo, where they observed habitats firsthand and represented our school with exemplary behaviour. Well done, Year 1!

Year 2

This week, Year 2 has been bustling with exciting activities and learning adventures! In English, the students enthusiastically re-enacted the model text, 'A Postcard from the Seaside,' bringing their storytelling skills to life. They also mastered contracted words and homophones, enhancing their language skills. In Maths, the children successfully completed their unit on 'Time', proudly demonstrating their ability to tell the time to the nearest 5 minutes.

Science lessons have taken them on a journey through different habitats, exploring how various animals adapt to their environments. A highlight of the week was their trip to the zoo, where they observed these habitats firsthand and represented our school with exemplary behaviour. It's been a week full of fun and learning for our Year 2 stars!



Year 3

What a great week to end this half term! In maths, the children have been working hard on their fractions unit, building their understanding of finding fractions of amounts. Year 3 have started a new unit in English identifying the key areas of a report, exploring new vocabulary and reviewing different grammatical features. In the afternoons we have enjoyed continuing with science, working on our cricket skills and getting stuck in with our French. Tres bien!

Year 4

We have had a wonderful last week of the half term! The children have been learning about time in maths. Although some of the children have found this tricky, their determination and perseverance has been fantastic. The children have completed their science unit this for this term and we even managed to go up to Forest School to identify the different types of plants and flowers that are within the habitat of the pond! Towards the end of the week, the children have been decorating their art books. They have been designing their own front cover to their new art book and have created a collage of all the things that make them unique! Finally, we said goodbye to both Miss Delderfield and Miss Maltby, and we are very grateful for all the hard work and help they provided to Year 4 over the last 6 weeks, and we wish them the very best for the future. Have a wonderful half term Year 4!

Year 5

Year 5 have had a wonderful week and have certainly earnt their half term! In Maths, the children have been learning about the translation of shapes. This is a tricky concept, but Year 5 have taken the challenge within their stride and worked hard in all of their lessons. In English, the children finished and published their Haiku

poems. Every single one of them is FANTASTIC and capture a moment in nature through the use of personification and expanded noun phrases. In Science, the children explored how hand span varies across the age groups. The Year 5 children took a sample of 5 children from Year 2 – 6, measured their hand spans, took an average and then discussed their findings. The children concluded that the older you are, the larger your hand span, unless you are exceptionally tall for your age!

Year 6

In Year 6 this week we have been busy publishing our writing. In maths we have been continuing with problem solving involving a range of topics. In RE we have considered how our motivation and passion towards something effects our actions and considered how Muslims try to lead a good life. We had a music lesson which focused on creating a bassline using a glockenspiel to 'lock in' with the drum patterns we created a few weeks ago. We revised a kick drum, snare drum and hi hat and how they make up the drum kit. We then used the pentatonic scale (C- D- E- G- A) to create our bassline, ensuring we started on note C to fit with the kick drum. Overall, a great week!

Reading Corner

This week's recommended read is for children aged 5+...

Pick a Story: A Monster-Princess Shark Adventure

Written by Sarah Coyle

Little Zara is at the beach with her teddy when – oh no - he disappears! Now's your chance to help her track him down because this series applies the favourite choose-your-own-adventure format to picture books, providing the reader with story options at each page turn.

If you think a princess has taken Ted, turn to page 5. If you think a monster's got him, then it's page 6. As you set the storyline, there's a different adventure with each reading. The format is lots of fun for youngsters, the lively nature of the different scenarios a definite plus, and the opportunity for them to shape the story will be irresistible.

There are mini puzzles and challenges scattered throughout too, testing logic and memory. It all makes for a thoroughly rewarding reading experience and it's a great way to introduce children to the basics of storytelling too.



Head Teacher's Awards

Reception	Harper O	Kadeem H
Year 1	Haseeb M	Milo C
Year 2	Bradley F	Hassnain Q
Year 3	Alina P	George M
Year 4	Adam H	Eisa L
Year 5	Jibreel Q	Erin S
Year 6	Joseph W	Jessica M

Lunchtime Star Awards

Reception	Aman T
Year 1	Hudhayfah M
Year 2	Amaya H
Year 3	Amara I
Year 4	Hadi K
Year 5	Fatimah A
Year 6	Joseph W

Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.

Please note that children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support.

This week's Attendance Champions are **Year 6!** Well done! Here are the latest figures...

Reception	97.2%	Target
Year 1	95.3%	97%
Year 2	96.0%	
Year 3	95.6%	
Year 4	95.6%	Overall (to date)
Year 5	96.9%	94.9%
Year 6	99.4%	
Overall	96.5%	

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 23.05.24)	85	67	88	168
Position	3 rd – 2 points	4 th – 1 point	2 nd – 3 points	1 st – 4 points
Running Total	15	19	17	19

Team Point Champions

Congratulations to **Rosliston** AND **Trent** who have successfully won the team point challenge for this half term! As a reward, they can wear non-school uniform (ideally something **green** if they are in Rosliston and something **blue** if they are in Trent) on **Friday 7 June 2024**.

Diary Dates 2023-2024

Event	Date/Time
School Closes for Half-Term	Thursday 23 rd May 2024
INSET Day	Friday 24 th May 2024
School Reopens for Pupils	Monday 3 rd June 2024
Year 5 Class Assembly	Thursday 6 th June 2024, 9.00am
Year 4 Class Assembly	Thursday 13 th June 2024, 9.00am
Year 3 Class Assembly	Thursday 20 th June 2024, 9.00am
JTMAT INSET Day	Friday 5 th July 2024
School Closes for Summer	Friday 19 th July 2024, 2.00pm
INSET Day	Monday 22 nd July 2024

Summer Term Diary Dates

Event	Date/Time
School Closes for Half-Term	Thursday 23 rd May 2024
INSET Day	Friday 24 th May 2024
School Reopens for Pupils	Monday 3 rd June 2024
Year 4 Multiplication Tables Check	Monday 3 rd June 2024 – Friday 14 th June 2024
Year 5 Class Assembly	Thursday 6 th June 2024, 9.00am
New Parents Meeting for Nursery & Reception Parents	Thursday 6 th June 2024
Father's Day Lunches – Reception	Thursday 6 th June 2024
Father's Day Lunches – Year 1	Friday 7 th June 2024

Sports Day – EYFS/KS1 AM & KS2 PM	Monday 10 th June 2024
Year 1 Phonics Screening	Monday 10 th June 2024 – Friday 14 th June 2024
Father's Day Lunches – Year 2	Monday 10 th June 2024
Father's Day Lunches – Year 3	Tuesday 11 th June 2024
Reserve Sports Day – EYFS/KS1 AM & KS2 PM	Wednesday 12 th June 2024
Year 4 Class Assembly	Thursday 13 th June 2024, 9.00am
Father's Day Lunches – Year 4	Wednesday 12 th June 2024
Father's Day Lunches – Year 5	Thursday 13 th June 2024
Father's Day Lunches – Year 6	Friday 14 th June 2024
Year 3 Class Assembly	Thursday 20 th June 2024, 9.00am
Year 4, 5 & 6 Brewhouse Performance The Wizard of Oz	Thursday 4 th July 2024
JTMAT INSET Day – School Closed	Friday 5 th July 2024
Nursery Graduation	Wednesday 17 th July 2024, 9.00am
Year 6 Leavers' Assembly	Thursday 18 th July 2024, 9.00am
School Closes for Summer	Friday 19 th July 2024, 2.00pm
INSET Day	Monday 22 nd July 2024





CRAFT & CHAT WITH THE MENTAL HEALTH SUPPORT TEAM



BUILDING RESILIENCE AND MENTAL STRENGTH

Free event for
children 5-16
and their
parents/carers

Location:

Burton Library,
Riverside, Burton
upon Trent
Staffordshire,
DE14 1AH

Thursday 30th
May 2024



**Session 1:
11am- 12pm**

**Session 2:
12:30pm-13:30pm**

Register your
interest
here or drop-in

Places may be limited. All children
to be accompanied by an adult.

<https://forms.office.com/e/kNJN-Q3dfty>

Craft and Chat with the Mental
Health Support Team



We will help you create a self-soothe tote bag to support you if you feel anxious, worried or low. In this session we will make a glitter bottle, personalise your tote bag and give you some extra ideas to help manage big emotions. This will include grounding and breathing tools for when you experience difficult feelings. All materials will be provided on the day.



NHS Foundation Trust

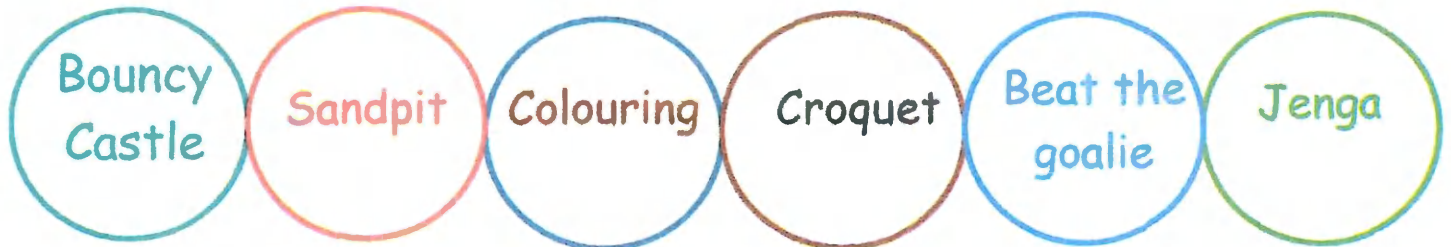
BUILDING RESILIENCE AND MENTAL STRENGTH



St Paul's Church
Burton upon Trent
celebrating 150th anniversary

Join us for lots of fun!

Saturday 8th June 11.00am-3.00pm



Ice cream van

Refreshments & more

Exhibitions of the history of the church, photographs etc.
Saturday 1st June to Sunday 16th June 10.00am - 4.00pm

Concerts:

Gresley Male Voice Choir 1st June 7.30pm
An Evening of Summer Music 6th June 7.30pm
The Tutbury Band 15th June 7.30pm

Tours up to the church tower for adults & older children:

Saturdays 1st, 8th & 15th June 12 noon - 4.00pm
Sunday 9th June 2.00pm - 4.00pm
Price: £5 (children free)

more details on our website

<https://www.achurchnearyou.com/church/4195>



Coffee Connect

invites you to join them for a
free drink and cake

Thursday, 06th June

Shobnall Primary School, Shobnall Rd,
Burton-on-Trent DE14 2BB

3:05pm - 4:00pm

Follow us for all the latest updates
f: TDCommunities w: trentanddove.org



Come for the coffee, stay for the company

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®