

B&NES Children's Community Services

HCRG Care Group Services Limited
Kempthorne House
St Martin's Hospital
Clara Cross Lane
Bath
BA2 5RP

t: 0300 247 0055 (Mon-Fri 9am 4.30pm)

e: hcrpg.bathnesspa@nhs.net

Dear Parent/Carer,

The School Nursing Team will be starting the "FRIENDS resilience" programme in your child's class this term, commencing on **Tuesday 29th April**.

The FRIENDS resilience programme was created to assist children to build resilience and self-esteem and to learn important skills and techniques to cope with feelings of fear, worry and depression. The symbolism drawn from the word FRIENDS is based on the following principles:

- The word FRIENDS helps children to remember each of the skills taught throughout the programme for example, each letter stands for a new skill learned
- Our body is our FRIEND and tells us when we are feeling worried or nervous by giving us clues
- It is important to learn to be our own FRIEND and reward ourselves when we try hard
- It is important to make FRIENDS, so that we can build our social support network and feel happier
- FRIENDS can help us to cope with difficult situations more effectively

The FRIENDS for life programme will be run in the Year 5 class.

For more information about the FRIENDS programme and to log in to view the FRIENDS e-book, click on the link below and enter via the **Access Book by Unique Code** tab, 6124380

<https://friendsresilience.org/>

You can share your child's unique e-book at home, they can tell you about the sessions each week and this gives you a chance to practice together.

If you would like more information, please contact the Single Point of Access on 0300 247 0055 and ask for School Nursing.

Yours faithfully

B&NES School Nursing