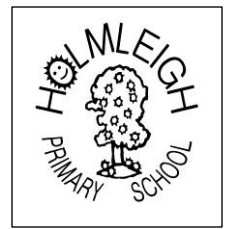
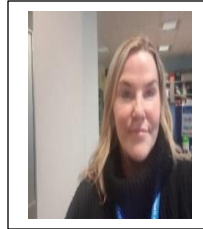


Wellbeing



and positive Mental Health at Holmleigh



Friendships



International Friendship Day- Sunday 30th July 2023

The theme of International Friendship Day is “Sharing the human spirit through friendship”.

Friendship is a necessary skill that children need to learn and cultivate. Although making friends might start off naturally, over time children will be required to listen, share, encourage, and support one another. The friendships that we are able to build as adults are all based on what we learned as children about making and keeping friends.

How parents can help

There are some general evidence-based strategies that have proven to assist in friendship formation. These include:

1. Sending your child to a more culturally diverse school where no ethnic group represents the majority of the population and there is a lower risk of visibility and peer victimisation
2. Encouraging your child to **participate in school-based /community extra-curricular activities** such as sport, creative arts or youth groups where they have the opportunity to broaden their social networks
3. **Organising play dates with peers** who are socially competent and have similar interests to your child
4. Supporting your child's own strategies for making friends at school such as observing peers, making or accepting requests to play, initiating or participating in clubs or teams and intervening to include others.

Friendship is a basic tool to make the world people prosperous and peaceful. By developing the trends of friendship among people, societies and countries we can achieve a better level of stability, solidarity and peace.

Let's talk: Friendships

CONVERSATION
FAMILY
STARTERS

Friendships

Who's your best friend and why?



Friendships

Who are your five closest friends?



Friendships

Do you ever wish you could hang out with different kids? Why don't you?



Friendships

What do you do when you see someone who doesn't have any friends?



Friendships

What are the characteristics of a good friend?



Friendships

Do you ever invite other kids to eat lunch with you?



Friendships

How can you tell if someone feels left out?



Friendships

Do all your friends look and act like you? Do you think that's good or bad?



Ways to Teach your child about Friendship

1. Talk about What Friends Are
2. Read Books about Friends
3. Practice Friendly Character Traits-
 - Taking turns
 - Offering encouragement
 - Sharing
 - Listening
 - Being patient
 - Including others
4. Don't Overreact to Age-Appropriate Behaviour
5. Celebrate Your Own Friendships
6. Start with Small Groups- invite small groups of friend's over
7. Make Gifts for Friends- For example, your child could make a friendship bracelet, paint a picture, or write a song.



School Holidays- Summer 2023

1. **Holmleigh Holiday Club** which will run for 4 weeks in the summer from the 1st until the 25th of August 2023. The cost is £25 per day with snacks. Please see Karima or Sally Bazell for further information.
2. **Apex** is offering a play scheme for 5-16 years old at **Daubeney Primary School** on Monday 24th July - Thursday 10th August 2023 at 10:00 AM - 2:00 PM. **The cost is free for pupils on Free School Meals (with a free lunch) or £35 per day.** Please contact: info@alh.org.uk - 020 8432 6699
3. In addition, a **paid summer holiday playscheme** is open to children aged from four to twelve years old. Prices are age 4-7 - **£18 per day** or age 8-12 - **£15 per day**. See <https://education.hackney.gov.uk/content/holiday-playschemes> for more details. These activities should be inclusive for all eligible children and young people (aged 5-16), including those with special educational needs or disabilities (5-18). However, some activities may not be suitable for all children. Please discuss any needs with the provider before booking a place, so providers can ensure these are understood and supported so that reasonable adjustments are put in place.
4. **Young Hackney Stoke Newington** is open to anyone aged **7 – 19, Monday to Friday 4.00 – 8.00pm**. There's plenty going on including music, media, sport, drama and dance. You'll also be able to get advice on education, training and employment, health, family and relationship matters. The centre has a chill-out room, dance studio and IT room. See <https://www.younghackney.org/youth-hub/stoke-newington/> for more details.
5. During school Summer holidays in July and August 2023, we will once again be teaming up with a number of schools, sports activity providers and community services to offer a wide range of exciting activities and a daily healthy free meal as part of the **government funded Holiday Activities and Food programme**.
There will be sports activities, arts and drama, mentoring, healthy eating and nutrition sessions, food provision and much more set out across various locations across the borough.
These activities should be inclusive for all eligible children and young people (aged 5-16), including those with special educational needs or disabilities (5-18). However, some activities may not be suitable for all children. Please discuss any needs with the provider before booking a place, so providers can ensure these are understood and supported so that reasonable adjustments are put in place.

The scheme is **free for those eligible for free school meals benefits**. Please note that there are a limited number of places available at each provider and places are allocated on a first come first served basis - therefore we would advise contacting the providers early to ensure your child has a place.

If you have not registered for free school meals and think you may be eligible, view our free schools meals information, call 020 8820 7000 or email to

PupilBenefits@hackney.gov.uk

For general HAF enquiries and a list of providers please contact Sue Roberts at sue.roberts@hackney.gov.uk

A list of providers can be found at

<https://education.hackney.gov.uk/content/holiday-activities-and-food-programme>

Have a wonderful Summer Break
We look forward to seeing you in
September at Holmleigh!



Thanks for taking the time to read this newsletter