

Welcome Letter



Dear Caregivers

Welcome to the 'A Confident ME' program. Your child has been selected to take part in our schools exciting new empowerment program.

This twelve week course will enlighten your child to their many inner strengths and celebrate these. They will also learn valuable skills that will support and strengthen their emotional wellbeing. These skills will enable your child to go through life with confidence, face challenges with resilience and achieve their very best.

We recognise that all parents want their child to thrive in our ever changing and challenging world and through completing the 'A Confident ME' program and your support a powerful shift can take place.

The seven areas covered during each workshop are;

- Mindset Matters - Mindset shifting activities
- Connect - Games to encourage confidence and connection
- Brain Box - Empowering knowledge about neuroscience
- Mindful Moment - Mindfulness techniques
- Be Inspired – Sharing inspirational moments
- Create – Creative projects to embed and enhance learning
- Goals for Growth – Weekly home tasks



Stronger Together Newsletter

Deep down we all know as parents that we are the best people to help shape our child's life, but we are ALL at times at a loss of how to help them. This is why as parents, your partnership in the program is so important and will help embed stronger, positive habits of mind.

The 'A Confident ME' Stronger Together weekly newsletter is a vital part of the course.
The Newsletter has three main sections;

1. Brain Box

This covers the main neuroscience facts that your child will have covered during the workshop that week. It is the foundation on which the course is built on. Once our understanding of the science grows we realise how significant the small interactive moments that we share with our children really are, and how much these daily shifts go towards making huge differences.

2. Try it, Teach it

Shifts are only made with daily practise. This section explains the Goals for Growth task that your child will have brought home. It will be a task that your child has to do to reinforce the skills and practises that have been covered. Your involvement may simply be to encourage them with the task, whilst at other times your child may have been asked to teach you something, or get you involved in some way.

These weekly tasks are essential for embedding knowledge and growing new neural pathways in your child's brain, particularly when it comes to their thinking habits.

3. You Do It Too

Our children learn far more from observing how we behave as parents, rather than how we tell our children to behave - we are our children's strongest role model.

Unfortunately, schools alone do not have the resources, skills or time to embed every aspect of the course, so this is where your involvement will be so valuable. The 'You Do It Too' section is all about how you can make personal shifts. This will not only greatly enhance your own wellbeing, help to tweak your parenting style - something even the very best of parents need help with - but most importantly it will help your child to see the weekly focus in practise first hand.