

BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parents/Carers,

Partnership for Children - Zippy's Friends Programme

Year 2 will shortly begin a social and emotional learning programme for 5-7 year olds called Zippy's Friends. The programme meets all elements of the Mental Wellbeing requirements of the statutory guidance for Relationships and Health Education for primary schools. Zippy's Friends has been evaluated and found to improve children's coping skills, social skills and emotional literacy. All staff who deliver this programme have been specially trained to do so.

Zippy's Friends has six modules and each module has its own story. The children will be introduced to a character called Zippy. He is a stick insect and his friends are a group of boys and girls. The stories show them facing issues that are familiar to young children - friendship, making and losing friends, bullying, dealing with change and loss, and making a new start. Each story is illustrated by a set of brightly coloured pictures and supported by activities such as drawing, role play and playing games. Zippy's Friends does not tell children what to do. Instead, it encourages them to think for themselves and to come up with their own solutions to problems. Children practise choosing solutions that not only help them, but also respect other people.

This year, children in Year 2 will complete all 6 modules.

Module 1 - Feelings

The children discuss feelings - sad, happy, angry, jealous and nervous. They practise saying how they feel in different situations and explore ways to make themselves feel better.

Module 2 - Communication

Here the children learn how to communicate effectively such as asking for help, listening to others and thinking about how they can say what they want to say in a difficult situation.

Module 3 - Making and Breaking Relationships

In this module, the children learn about friendship - how to make and keep friends, and how to deal with loneliness and rejection. They learn the importance of saying sorry and practise how to make up with a friend after a falling out.

Module 4 - Conflict Resolution

This module deals with how to resolve conflicts and also explores the problem of bullying and what children can do if they or others are bullied.

Module 5 - Dealing with Change and Loss

The module looks at coping with changes, both big and small. The biggest change of all is when someone dies. Although adults often find death a very difficult subject to talk about, young

children rarely do. They welcome the chance to talk openly about this topic such as reflecting on how it feels when a family pet dies and how to deal with it.

Module 6 - We Cope

The final module recaps everything the children have learnt and includes a celebration lesson.

You can learn more about Zippy's Friends at www.partnershipforchildren.org.uk

If you have any questions or concerns about any of the modules, please speak to your child's class teacher.

Yours sincerely

The PSHE team