

Newsletter



MEADOW PARK
SCHOOL

Message from the Headteacher

Dear parents and carers

Thank you for your understanding this week with the disruption in the local area that impacted on the school. As you are aware, due to a burst water main in the local area, a number of houses and businesses were left with no water on Wednesday. We were alerted to this issue and in communication with Severn Trent Water who advised the issue would not be fixed immediately. We therefore had to implement our procedures for dealing with incidents such as this and arrange for students and staff to be sent home. I am sure you can appreciate my decision to close the school for the afternoon is not one I took lightly, but obviously had to balance the health and safety of all students and staff. Fortunately we were able to return to school as normal on the Thursday. I did thank students in the weekly Headteacher whole school assembly for the way in which they conducted themselves in dealing with this. I also used this as an opportunity to remind ourselves that we take for granted having clean running water available to us and that some people in the UK and around the world are not so fortunate.

Last night we held our Year 9 Pathways Evening, where students and their families could learn more about the options available to them to study in Year 10 and 11. We are really

proud of the curriculum offer we provide, something Ofsted recognised and praised us for and we do our utmost to provide students with their first choices. Occasionally, due to high or low demand, we have to offer second choices to some students. It is therefore important that your child clearly identifies their chosen courses and completes the online form before the closing date. Forms completed after this time may not be successful in their choices. I look forward to seeing which subjects students have chosen and wishing them every success for when they move into Y10.

Thank you for your ongoing support in ensuring your child is well equipped, wearing correct uniform and attending school promptly each day. Each week in assembly I reveal the students with the most House Points and which Tutor Group, Year Group and House are in the lead with points. All of these culminates in prizes, medals and trophies. By attending school each day, students have the best opportunity to develop their learning and earn House Points. School is open as normal next week, with the week beginning the 17th February being half term.

I wish you a lovely weekend.

Mrs Pettman, Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



FINHAM PARK
MULTI ACADEMY TRUST

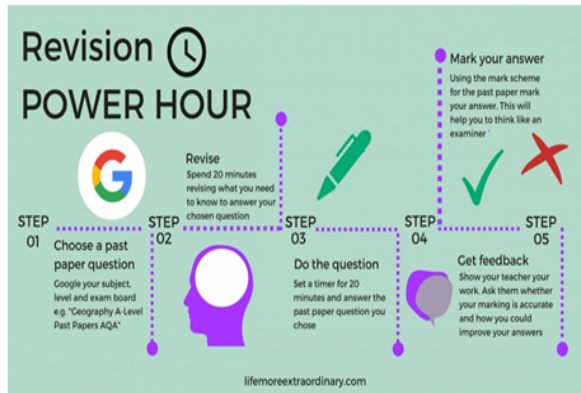
Issue: 07 February 2025



Class of 2025

We are so proud of the commitment and determination that most of our Year 11 students are demonstrating in the lead up to the second (and last) set of mock exams. We are supporting them every step of the way to help them to achieve the very best grades that they can. Your child's teachers have been sharing revision materials and, more importantly, showing your child different ways that they can learn the knowledge and skills required for the exam. Your child's teachers have also shared exam questions for them to practise using their knowledge and skills in the format required for the exam.

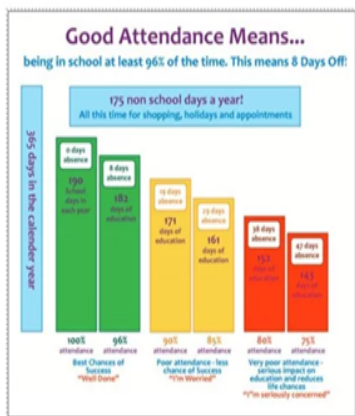
The 'Revision Power Hour' is a proven and successful revision technique. You can find more information about different ways to revise on our website. Please use this link <https://meadowparkschool.com/key-information/exams/>



Intervention

After-school intervention continues to run every day after school. Intervention is open to everyone who would like to attend. Attendance to after school intervention helps students to make progress towards achieving their target grades. The intervention is targeted and specific to the needs of the students, particularly the ones that have been invited. Please encourage your child to attend. **All attendees will receive a raffle ticket to be entered for a draw to win Prom tickets.**

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
English	Science		Option A	Maths
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
English	Option B		Option C	Maths



Attendance

Research has shown that regular attendance and good punctuality are crucial factors in students achieving their full potential in education. At Meadow Park School we work in partnership with parents and carers and so are seeking your full support in ensuring that your child attends school every day and on time. We are always pleased to work together with parents/carers in resolving any difficulties, but we are also committed to improving attendance levels at school, especially for Year 11 students where there is a direct link between attendance and exam grades. With only 10 weeks until exams begin, every lesson and every hour of learning is crucial.

Whilst we understand that sometimes students are unwell and it is the right choice to stay at home and fully recover, medical guidance suggests that children with mild illnesses – such as a cold or cough without a fever – can often still attend school. This resource offers advice to help you to decide when a child should stay at home. <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Revision Guides

If you have ordered revision guides they should be here by the end of next week and will be delivered directly to the students.




Year 11 Prom

A reminder that the £5.00 deposit for the Prom is due by Friday 7th March, either in cash at the school office or via ParentPay.

Assistant Headteacher

Meadow Park Uniform Swap Shop



MEADOW
PARK
SCHOOL

**Outgrown a blazer?
Ripped a shirt?
Need PE Kit?**

Come and choose
FREE pre-loved school
uniform at our Uniform
Swap Shop.

We have lots of outgrown, pre-loved branded school uniform, trousers, coats and much more...

Donations

Families can **donate** their old or unused uniform to the shop. **Washed, good-quality** uniform, that you no longer need, can be brought to the swap shop or handed in at Reception.

Free

Our swap shop provides **free** uniform to those who need it. If you do not have anything to swap, you can make a donation for the items you need.

Exchange

Families can **exchange** their old uniform for new **pre-loved** items that fit better. Please bring in any washed, good-quality uniform that you would like to swap.

Open

Our **Uniform Swap Shop** is open on the **last Friday every month during term-time** in the old Visitor Reception, next to the Sixth Form Centre, from **9am to 10am and 3pm to 4pm.**

SAVE money, REDUCE waste, HELP the environment. Ask in school for details.

NATIONAL APPRENTICESHIP WEEK 2025 VIRTUAL CAREERS FAIR

12.02.2025



MEET ALDI
09:30-10:00

**THE SECRET TO
BUILDING A CAREER
AND EARNING A
SALARY WITH DHL**



11:00-11:30

RENISHAW

**ALL ABOUT STEM
CAREERS** **10:30-11:00**



**EARN, LEARN &
EXPERIENCE
E.ON**



**ATTEND THIS SESSION
TO WIN A MOCK
INTERVIEW WITH E.ON!**

11:30-12:00

**CAREERS WITH
SPORTING EMPLOYERS**

careersinracing



**ATTEND THIS SESSION
TO WIN WORK
EXPERIENCE!**

14:00-14:30

REGISTER NOW



**DOWNLOAD YOUR
NAW POSTER HERE**



Sign up to our Upcoming Webinars!

Interested in Business, Finance or Technology? Meet EY!



When? **04 February 2025**

What time? **6:30-7:15pm**

Where? **Online**

What to Expect:

For the first-time EVER, we are partnering with EY - one of the largest organisations across Audit, Tax and Technology, and **they're here to speak to YOU** about how you can earn a competitive salary, professional qualifications, and gain experience at a global company.

Gain an insight into EY's apprenticeship programmes across Audit, Tax, and Technology

Speak to current apprentices to gain an insight into working life at EY

AND: Get application support and guidance from the actual team that will be hiring you.

SPACES ARE LIMITED!



National Audit Office

- ✓ LEARN HOW YOU CAN GAIN A FULLY-FUNDED ACA QUALIFICATION
- ✓ DISCUSS IF WORK EXPERIENCE IS ACTUALLY NECESSARY
- ✓ HEAR FROM AWARD WINNING APPRENTICES ON HOW TO ACE YOUR APPLICATIONS



25-FEB-2025
6:30-7:15PM

What to Expect:

18:30-18:40 - Is Work Experience Necessary? Why did I pick an NAO apprenticeship?

Meet Tilly. They will be discussing what A-Levels they took, if work experience matters, why they decided on the University route instead of the Apprenticeship route.

18:40-18:50 - How to Ace Your Application!

Are you feeling nervous about the application process? This section will all about breaking down each stage of the application process, what grades you need and how to stand out.

18:50-19:00 - What Happens After I Start my Apprenticeship?

Do you have questions about how to manage your work and study time? Are you worried about what your social-life may look like as an apprentice? Jayden is here to help! He's also recently won a NAO Award for Excellence! 🏆

19:00- 19:15 - Live Q&A

SIGN UP HERE!

YOUR ACCOUNTANCY APPRENTICE MENTORS

Sign up to our Ask an Apprentice platform to ask these mentors questions you may have about accountancy! ✓



OWURA



COURTNEY

REGISTER NOW!





Coventry & Warwickshire
Chamber of Commerce
Training

Apprenticeship Jobs and Careers Fair

Wednesday 12th February, 4pm - 7pm

@ 123 St Nicholas Street, Radford, CV1 4FD

Are you considering an apprenticeship? Come along to our open day to speak with our expert advisors about your next step on the career ladder in:

Business Administration

Hairdressing

Health & Social Care

Accountancy

Customer Service

Early Years Care

If you have any questions, you can call 024 7623 1122 or email us at enquiries@cw-chambertraining.co.uk



**Scan to register
your interest!**



Here are some links and information:

Online employer activities:

<https://nationalapprenticeshipweek.co.uk/events/>

Students can register online and watch live or on demand – there are some great employers taking part.

National Apprenticeship Show at Coventry Building Society Arena:

<https://www.coventrybuildingsocietyarena.co.uk/news/national-apprenticeship-show>

Thousands of people will head to Coventry Building Society Arena to discover apprenticeship opportunities with regional, national and international employers in February.

The National Apprenticeship Show is set to attract a diverse range of regional and national employers and providers, and more than 5,000 school leavers, college students and adults seeking to take the next steps in their careers.

This will be the third time the West Midlands edition of the event has been hosted at Coventry Building Society Arena when it takes place on Tuesday, February 25 and Wednesday, February 26.

It was first launched at the Coventry venue in 2022 as a one-day event and has since expanded to a two-day event to cater for demand from businesses and people interested in learning more about apprenticeships.

The free event covers all levels of Apprenticeships, from entry level to higher and degree level, and provides valuable opportunities to speak face-to-face with the Midlands' top apprenticeship employers and providers.

The two-day event seeks to attract visitors from across Coventry, Warwickshire, Birmingham, Dudley, Sandwell, Walsall, Wolverhampton, East Midlands and surrounding areas.

Employers already confirmed to attend include the British Army, Aldi, Mercedes, Severn Trent and the NHS – the event also encourages SMEs from the local area to exhibit to showcase opportunities with smaller businesses.

On school on Monday, 10th February ASK Apprenticeships are coming in to launch the week at a special assembly for us:

The Apprenticeship Support & Knowledge programme (ASK programme) is funded by the Department for Education.

The ASK programme supports schools, special schools and colleges in England to raise awareness of apprenticeships and T Levels.

The programme offers a variety of activities to inspire learners, including mock interviews, assemblies and workshops, all delivered by four expert partners across the country.

**Mrs Evans
Careers Advisor**



MEADOW PARK
SCHOOL

Calling all Year
7s, 8s and 9s.



Room
S05

Every Tuesday
lunch time:
12:40-1:05pm



Miss Ronan
Deputy Curriculum Lead for Science



Family Hub & CIRV Youth Takeover Event

Dive into Coventry's Youth Scene
with a FREE fun day of workshops and
activities at The Moat Family Hub

19.02.2025 11:00AM - 14:00PM

The Moat Family Hub, Coventry, CV2 1EQ

A FREE event for Coventry families
with activities including

Music | Multi-Sports | Virtual Reality |
Arts & Crafts | Food | Youth Partners |
And Much More

In partnership with



Create it.
Shape it.
Embrace it.

We have a series of day camps available for children and young people who are aged 9-13 years old. Coventry Outdoors Activity Camps gets children and young people into the wild, where they will learn and experience an unforgettable adventure, from survival techniques to all sorts of outdoor activities and challenges, whilst making new friends and having lots of fun!

We strongly believe that being outdoors fully-immersed in the natural environment helps children and young people explore different ways to boost self-awareness and confidence, cultivate greater happiness and find greater wellbeing.

Activities:

- Combat Archery
- Laser Tag
- Bushcraft
- Survival Skills

Dates: Monday 17th February, Tuesday 18th February, Wednesday 19th February

Time: 10am – 3pm

Price: £25 per day (10% discount applies to all Coventry residents with a [#GoCV](#) card. You can find the promo code [HERE](#))

Limited spaces available, to book on to our Half Term Activities visit [//www.coventry.gov.uk/coventryoutdoors](http://www.coventry.gov.uk/coventryoutdoors)

If you have any questions, please do not hesitate to get in touch.

Kind Regards,

Outdoor Education Team
Coventry City Council - Outdoor Education



@CovOutdoors @CovOutdoors @coventryoutdoors

www.coventry.gov.uk/coventryoutdoors

February half term Activity Camp '25

17 - 19 February

Coombe Abbey Park, Coventry CV3 7

Have a go at:

- ✓ **Combat Archery**
- ✓ **Laser Tag**
- ✓ **Bushcraft**
- ✓ **Survival Skills**

**9-13
years**

**10am
-3pm**

**£25pp
per day**



Information and Discussion Session for Parents/Carers

In partnership with Coventry Social, Emotional, Mental Health and Learning Team (SEMHL)

Wednesday 26th February 2025 10am-12pm

Coventry Council House, Committee Room 3, Earl Street, CV1 5RR



Key areas we will explore in this session

- Give parents 'Top Tips' to help, support and empower children with dyslexia.
- Focus on strengths and challenges
- Discuss working with school, and the process of assessment.

Book now by contacting Coventry SENDIASS Team. QUOTE: 'DYSLEXIA'

TEL: 024 7669 4307 or email: iass@coventry.gov.uk

Head of House Awards

The Head of House Awards were awarded to:



Emmanuel

Koko

Scarlett

Aisha

News from the Library!

This week we are highlighting the exciting Scholastic Book Fair that will be held in school next week. From Monday 10th to Thursday 13th February, we will have a Scholastic Book Fair here in school that will be open at break times, lunchtimes and hopefully some afternoons after school (tbc).

The Scholastic Book Fairs are a fantastic way to get into some new books that you may not have seen before, earn free books for our school library and generally get excited about reading! There will be a host of new books to browse, including *Heartstopper 5*, Marcus Rashford's *Heroes* and Alex Rider's newest thrilling adventure, *Nightshade Revenge*. There will of course be classics such as *I Am Malala*, *Percy Jackson and the Lightning Thief* and *Noughts and Crosses* to purchase.

As the school is cashless, we will not be accepting any cash at the fair. We will have a contactless card machine provided so that students can pay using a bank card, Apple Pay and Google Pay and there is also a QR code that can be scanned which will direct students to pay using Apple Pay and Google Pay.

If your child does not have a bank card or an electronic means of payment that they can bring into school, there is the option of buying Book Fair Gift Vouchers in advance from the Scholastic website using this link: <https://bookfairs.scholastic.co.uk/gift-vouchers>. When purchasing these gift vouchers, you will be prompted to enter the school name from a pop down list. You may not be aware that there are 2 Meadow Park Schools in the UK! Please, be very careful to select Meadow Park School in Coventry as opposed to the school in Liverpool, as the vouchers are allocated to our school account and we won't be able to accept any vouchers purchased when the school in Liverpool is selected. Please also be aware that the vouchers are changeless, which means that, for example, if a £10 voucher is used to purchase a book that costs £7.99, £2.01 will be credited to our school for use towards Scholastic books for the school.

I have also attached in the newsletter a leaflet from Scholastic which details the options for online payment at the Book Fair.

Even if you are not sure if you would like to make a purchase straight away, please pop down anyway to see us in the Theatre to have a browse and a chat about what books you might be interested in, as you will have the weekend to chat with your family about getting a book you might like.

Please visit <https://bookfairs.scholastic.co.uk/parents> for more information on the Book Fair itself.

We look forward to seeing you there!

Mr Spencer and Mrs Dearden
Librarians

ONLINE PAYMENT AT YOUR

WHETHER YOU'RE ATTENDING THE BOOK FAIR IN PERSON OR ORDERING FROM HOME, YOU CAN NOW PAY FOR YOUR BOOKS SECURELY ONLINE



Once you've selected your books, simply scan the QR code on the right or visit bookfairs.scholastic.co.uk/pay and enter your school's name or postcode. Then, follow the instructions below based on where you're making your payment.

OPTION 1

**I AM ATTENDING THE BOOK FAIR IN PERSON
AND WOULD LIKE TO PAY AT THE FAIR**

On the Scholastic website, select 'I am paying at the Book Fair'. Enter your details, along with the total amount you are paying for your books. Once payment is complete, show your payment reference and the books you are purchasing to your Book Fair Organiser. Then, take your brand new books home!



OPTION 2

**MY CHILD HAS ATTENDED THE BOOK FAIR AND
ADDED BOOKS TO THEIR WISH LIST. I WOULD LIKE
TO PURCHASE SOME/ALL OF THESE BOOKS**

On the Scholastic website, select 'I am paying for books from a Wish List'. Enter your details, along with the total amount you are paying for your books. Once payment is complete, forward your payment reference and details of the books you have purchased to your Book Fair Organiser at school. They will arrange getting your brand new books to you!

WHEELASTIC

MY BOOK FAIR WISHLIST

BOOKS I WANT TO READ

NAME:	CLASS:
title	price

QUESTIONS AND COMMENTS

My notes:

My comments:

Name Date Class Teacher	Signature Date
----------------------------------	-------------------



To find the payment page on the Book Fair website, simply scan the QR code or visit bookfairs.scholastic.co.uk/pay
If you're unsure of which payment method to use, please speak to your Book Fair Organiser or visit bookfairs.scholastic.co.uk/parents

Enrichment Clubs - Spring Term

	Break	Lunch	After School
Monday	Basketball Sports Hall	Chillout Monday Library Book Club F17	KS3 Basketball Sports Hall Girls Basketball Small Gym Student Dungeons and Dragons LRC Fashion and Textiles T04 (10 spaces!) MPTC Rehearsals G16
Tuesday	Basketball Sports Hall	Rowdy Tuesday Library Chess Club F05 Y11 Girls Netball Sports Hall Science Club S05	Netball Small Gym Rugby Club Field KS3 Badminton Sports Hall Drop in Free and Easy LRC MPTC Rehearsals G16 Homework / Coursework Club F23
Wednesday	Basketball Sports Hall	Geeky Wednesday Library	(STAFF TRAINING)
Thursday	Basketball Sports Hall	Sporty Thursday Library Year 8/9 Girls Basketball Sports Hall	Badminton Sports Hall Trampolining Small Gym Robotics Club F18 (10 spaces!) Music Practice G16 Craft Club F23 Drop in Free and Easy LRC Homework / Coursework Club F23
Friday	Basketball Sports Hall	Creative Friday Library Crochet Club Wk1 G04 wk2 G08	KS4 Basketball Sports Hall KS3 Trampolining Small Gym

New Parent App and School Communication

Please sign up to our new parent portal MyChildAtSchool (MCAS).



DON'T FORGET to enable push notifications for the MyChildAtSchool app on your phone so you can see all emails and letters the school sends you.

All schools in the Trust are using Bromcom and MCAS so for Meadow Park School, it means MCAS replaces School Synergy.

MCAS is now live, so as soon as you sign up you will be able to see your child's information. As School Synergy is linked to our old MIS it is no longer updating, therefore in order to view your child's timetable, see their attendance and behaviour points you will need to sign up to MCAS.

You have access to all the same information as you had in School Synergy. MCAS allows us to securely share your child's/children's achievement points, attendance, school reports, letters and school diary whenever you wish. The portal also provides general useful information about the school such as flash announcements. This will be our **primary means of communication** with you, from now on. Please make sure you enable notifications for MCAS as this is the way we will send you emails and letters.

To login to the MCAS Parent Portal, we have enabled you to 'self-sign on'. All you will need for this is your email address that the school has on record for you. Enter the school postcode CV34BD (without a space) or use our identifier 15028. Search for Meadow Park School.

School Communication

All communication from school is now via Bromcom and if you sign up to the parent portal MCAS then you will receive notifications from the school via the app. You can view all letters and emails, past and present, in MCAS. If you don't have the app then you will receive a normal email. Please add '15028@bromcomcloud.com' to your address book in order to prevent messages being blocked by your spam/junk filters.

How to Self-Sign Up for Parents

Parents and carers can access the MCAS Parent Login screen in two ways:

1. From within your web browser type **www.mychildatschool.com**
2. Download the free **MyChildAtSchool** parent app from either the Apple App Store or Google Play.

When you use the parent portal for the first time you will need to Sign-Up. Full instructions have been emailed home or they can be found on our website.

If you require any assistance logging in for the first time, please contact the School Office by emailing admin@meadowparkschool.com or telephone 02476 302580.

Uniform



Green school blazer



Grey school sweater



Tie



School shoes guidance

Plain black with no logos
No high heels, 'sliders', boots, sling back or open-toed shoes
Black leather or leather effect

TRAINERS AND CANVAS SHOES (VANS/CONVERSE) ARE NOT ACCEPTABLE



Spring Term 2025

Teacher Inset Days	Monday 6th January & Tuesday 7th January
Term Starts	Wednesday 8th January
Half Term	Saturday 15th February – Sunday 23rd February
Last Day of Term	Friday 11th April
Easter Holiday	Saturday 12th April – Sunday 27th April

Summer Term 2025

Term Starts	Monday 28th April
May Day Bank Holiday	Monday 5th May
Half Term	Saturday 24th May – June 1st June
Last Day of Term	Friday 18th July
Summer Holiday Starts	Saturday 19th July



INTERNET SAFETY WORKSHOP FOR PARENTS & CARERS

West Midlands Police will be delivering **FREE ONLINE SAFETY** workshops for parents and carers living in Coventry, on **Thursday February 13th 2025**

We will share **guidance and strategies** on how to make the internet a safer experience for children.

A number of different topics will be explored, including:

- *Apps and appropriate ages*
- *Safety settings*
- *Grooming, sexting, bullying, radicalisation and extremism*
- *Gaming*
- *Introducing house rules*
- *How to approach conversations and what to do if your child is a victim*



To view dates and times and to book a place, please [click here](#) or scan the QR code above



West Midlands
POLICE



Safeguarding: **Helping our children to manage their emotions**

Sadness after losing a game, frustrated when struggling in class or anger after feeling something is unfair? – All children experience challenging feelings sooner or later. Emotions are an important part of our everyday life and managing these in a mindful way can help our children work through problems and feel better about expressing themselves. As adults around them there is a balance of helping them managing their emotions appropriately as well as validating their experiences. The attached Guide around promoting Emotional Literacy is a good way to support your child in understanding and handling these emotions – so please take a look together and discuss.



EMOTIONAL LITERACY



What is it?

Emotional literacy (or 'emotional intelligence') refers to the ability to monitor and understand the feelings of ourselves and others. May and Salovey (1997) designed the MSCEIT, a series of tests to assess an individual's emotional intelligence. May and Salovey proposed there were four key aspects of emotional intelligence: the ability to manage, understand, facilitate, and perceive emotions.

1. Perceiving emotions

The ability to accurately perceive the emotions being expressed by others through their facial or voice cues.



2. Using emotions

As we develop the skills to perceive and understand emotions, we then learn to use those emotions to facilitate thoughts.



3. Understanding emotions

As our emotional knowledge develops, we can also learn the ability to understand the causes of emotions as well as potentially associated responses.



4. Managing emotions

One of the most difficult skills to develop in relation to our emotions is the ability to manage the emotions of both ourselves, and those of others. The ability to regulate emotions can only come about as a result of the understanding that emotions convey information through voluntary action and conscious thought.



For more information on Emotional Literacy – Please visit:

<https://www.bmindfulpsychology.co.uk/post/emotional-literacy>

Paul Rule
Child Protection Officer &
Senior Pastoral Support Manager

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings safely. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, visualisation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relatable scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions displayed in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children in developing compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make sense of thoughts and emotions, as writing can provide an excellent self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. In this safe space, they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Explain what you can to help children develop problem-solving skills to resolve challenging emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or cards to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and resilience in the long-term of emotional literacy – acknowledging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Elliott is Associate Vice-Principal for Personal Development at Pondersham Grammar School and works on a secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



WakeUp Wednesday

The National College



MEADOW PARK SCHOOL

THRIVING TOGETHER