

11/02/2019

Dear Parent(s)/Guardians,

We will be running a programme called '**Friends for Life**' as part of our Wellbeing programme in the school.

The '**Friends for Life**' programme was developed in Australia and is used in schools throughout the world to develop resilience / coping skills, helping young people to develop effective strategies to deal with anxiety, stress and change and teaches the skills required to reduce anxiety and promote resilience. The programme has been acknowledged by the World Health Organisation and evidence has shown benefits for children with anxiety difficulties as well as for those with normal levels of worry.

'**Friends for Life**' is a 10 – session programme. We will run the programme for second year students during a double period from their SPHE and RE classes for 10 weeks, commencing the week of January 18th. The 10 weeks will be completed towards the middle of May.

In each session the students are guided through a series of class based activities designed to teach skills for dealing with worrying situations. Some of the skills taught include: problem-solving skills; managing unhelpful thoughts, relaxation etc. There will be home activities for the students to complete themselves but also with you, their parents. It is believed that home involvement in the programme is what makes the programme more successful for young people. It is with this in mind that we are asking you to play your part in this programme.

We are asking you to participate in short exercises with them, we will remind you by the text/school app every now and again during the programme to discuss/participate with them.

For further information about the Friends for Life Programme, please visit the Friends website at www.pathwayshrc.com.au

We would like to take this opportunity to thank you in advance for your cooperation and support for this worthwhile programme.

Yours Sincerely,

Ms. L Moloney