



HAMPDEN GURNEY CE PRIMARY SCHOOL

Dear Parents,

In the month of January, I would like us all to take a moment every day to make affirmations. One factor, which affects children's wellbeing, is self-esteem. How a child feels about themselves can be negatively impacted by external pressures from an early age.

Self esteem is crucial in combating insecurity. It'll help your children develop resilience, confidence and self-belief. These are the things we want to help children learn in lessons, even if it's not a lesson objective on the board.

This is where positive affirmations come in. Think of them like wildflower seeds. Small - and they need a little nurturing. Plant lots of them, and they help children's confidence grow.

What are Positive Affirmations?

Affirmations - the action or process of affirming something, or emotional support or encouragement.

Positive affirmations are exactly what they say on the tin. They're positive phrases we can use to challenge unhelpful, negative thoughts. Sometimes, all it takes is a subtle change in the language in a sentence to transform someone's outlook.

Attached to this letter are some resources that you can use to create your own affirmation activity with your child, if you need inspiration for books to read and start conversations, please see below:

EYFS- I Knew You Could Do It! By Nancy Tillman

KS1- Super Duper You! By Sophy Henn

LKS2-The Yes by Sarah Bee and Satoshi Kitamura

UKS2- Stretch Your Confidence by Beth Cox & Vicky Barker

I really hope that you find these newsletters a support to you and a reminder that my door is always open.

Best Wishes,

Miss Shin



Head Teacher Mrs Evelyn Chua, B.Ed.M.Mus Nutford Place London W1H 5HA Tel. 02077237482

email: admin@hampdengumey.co.uk web: www.hampdengumey.co.uk