



Tuesday 5th October 2021

Dear Families,

As part of our ongoing focus on the development of positive mental health we have just enjoyed our Federated themed day '**Me, Myself and I**'. The children were exposed to a variety of carefully planned sessions that supported the development of their self-esteem.

Self-esteem is how a person feels about themselves and it has enormous potential in the influence of the children's emotional wellbeing. A child's self-esteem can affect almost every aspect of their life. It can, for example, influence how they make decisions, how they cope with their mistakes, the relationships they form, as well as their motivation to try new things, to improve and overcome their weaknesses.

You are
AMAZING

As a parent, how do I know whether my child has low self-esteem and how can I help to strengthen and build the way in which they view themselves?

Attached to this letter, we have created a list of common questions that you as parents may ask relating to self-esteem and how you can best support your child.

Please do not forget that if you have concerns about your child's self-esteem or emotional wellbeing, it is important that you speak to their class teacher. We are always here to support issues relating to your child's emotional wellbeing as well as you as parents with how to manage and resolve situations that may be occurring in your child's life.

If you are seeking more anonymous support, don't forget to visit the school's website for a variety of different support networks and links that you could access.

Thank you for your ongoing support,

Mrs Bhogal

Deputy Headteacher

Singlegate



How can I help my child to strengthen and build their self-esteem?

How do I know whether my child has low or high self-esteem?

Children and young people with high self-esteem often:	Children and young people with low self-esteem often:
<ul style="list-style-type: none"> • have a positive image of themselves • feel accepted • are confident • can make friends easily and are not anxious with new people • can play in groups or on their own • will try and solve problems on their own but will ask for help if they need to • can be proud of their achievements • can admit mistakes and learn from them • will try new things and adapt to change 	<ul style="list-style-type: none"> • have a negative image of themselves - they might feel unattractive or unlikeable • lack confidence • find it hard to make and keep friendships • feel lonely and isolated • tend to avoid new things and find change hard • can't deal well with failure • tend to put themselves down and might say things like "I can't do that" • are not proud of what they achieve and always think they could have done better

Most children will have dips in their self-esteem, as they go through different stages or challenges in life or when there are different pressures that may affect them, including social media, relationships, exams or feelings of being unsettled.

How can I help my child with their self-esteem?

When supporting your child with building their sense of self-esteem, it is important to remember that this is an ongoing process and will take time to develop.

Here are some things that you can do to help children feel good about themselves:

- **Show your child lots of love and be positive about them as a person – tell them what makes them special to you**
- **Let them know that you value effort and not perfection.**

Children can miss out on lots, because they are too worried about not 'succeeding'. It is important to reassure them and let them know that it's okay to make mistakes and that this is all part of life. Let them know that getting it wrong is not the end of the world - it happens to everyone and it is how we learn.

Please do be mindful however of overpraising. Praise that doesn't feel earned doesn't have the same impact. For example, telling a child he played a great game when he knows he didn't can feel false. It's better to say, "I know that wasn't your best game but we all have off days. I'm proud of you for not giving up." Add a vote of confidence here too: "Tomorrow, you'll be back on your game."

- **Encourage them to try new challenges, make plans for things they would like to accomplish and celebrate them for it.**
- **Encourage children to voice their ideas and opinions**

Let them know that it's okay, when people disagree. We all see things differently and have differing opinions and this is okay.

- **Set an example**

As a parent, you have a key part to play in ensuring that your child grows up feeling confident, secure and loved. How you deal with failure and upset will undoubtedly reflect on your own children too. Children need to understand that failure is part and parcel of life and that it doesn't always go according to plan.



We all make mistakes. No one is perfect so showing your child that you can dust yourself down and start again will set a good example and help them to understand that we can learn from mistakes and move forward.

- **Ask about the things they enjoy and find rewarding**

You could ask them to tell you about three good things that went well during their day.

- **Acknowledge their feelings and help them to express them in words**

For example, you could encourage them to say, "I'm upset because..." or "I feel happy when...".

- **Challenge their perception of themselves**

When they criticise themselves or their abilities, gently challenge them by letting them know how you see them. How can we 'flip this thought?'

- **Help them to discover themselves and their talents**

It could help to join a club, group or activity. Finding something they are good at and realising that they can do new things can provide a huge boost to their feelings of self-worth. You could also encourage them to express themselves creatively, for example through art, drama or music.

- **Spend quality time together doing things they enjoy**
- **Encourage your child to not compare themselves to others**

One last thing to remember...

If you wouldn't say it to a friend, don't say it to yourself.

Dig it Differently

As well as our ongoing focus on mental health of our community, this year we are excited to be introducing a new set of curriculum themed days linked to our 'BeDifferent Future' initiative. Our aim is to help the children understand the environmental challenges our planet faces and to know what we can do differently to protect it. The first of these, 'Dig it Differently', will be held on **Thursday 21st October** and it will be focused on farming and developing the children's understanding of where their food comes from. This learning sits alongside our Gather to Give celebration, supporting the wonderful work of Wimbledon Foodbank.

Please don't forget to start gathering those non-perishable goods ready to bring to school between **Friday 15th October 2021 and Thursday 21st October 2021**

Gentle reminder

Please may I remind you that School Street road closures are being enforced at the restricted times and penalty fines will be issued for offending vehicles. Please park responsibly and with consideration for neighbouring houses.

Please don't forget

Thursday 7th October 2021-Green MUFTI day for £1.00-anything green works!

Have a great week!

Mrs Bull
Chief Executive Headteacher