



Headteacher: Mr Kevin Lee

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1st February 2016

Dear Parents/Carer

Your child has the opportunity to join a small group called 'BOOST', starting from Wednesday 24<sup>th</sup> February 2016, 3.30-4.30pm for approximately 6 weeks. This involves focused activities to support their personal, emotional and social development, by promoting positive self-esteem and wellbeing. Please see attached leaflet outlining the aim of the programme.

If you need any further information please contact the school office. Please complete and return the attached form to give permission for your child to attend.

**BOOST**

**Promoting Positive Self Esteem and Wellbeing**

My child..... will be attending/not be attending the BOOST group each Wednesday from 24.2.16 3.30-4.30pm.

I give permission for ..... to walk home after the group. (please delete)

Parent/Carer Name:..... will be collecting my child after the group (please delete)

Yours faithfully

Kevin Lee  
Headteacher

# BOOST

## PROMOTING POSITIVE SELF ESTEEM AND WELLBEING

### Aim of the Programme:

Boost is a 6 week programme that has been specifically designed to boost self-esteem and positive wellbeing in young women in year 6 to support with their transition into secondary education and encourage positive self-thoughts and future aspirations; however this programme can be used with any year group to develop young women's self-esteem and future self. The programme centres around the theme of 'You' and each week looks at a different aspect of this - these include The Real Me, Inspirational Me, Future Me and Positive Me. Each theme is supported by hands on activities and has an aspect of arts and crafts to make it engaging and fun whilst promoting positive affirmations that will benefit their everyday lives. At the end of the 6 weeks the last session will focus on celebrating yourself and each other and looking at all things that make us special and unique.

### Objectives:

- Young women will explore and evaluate all aspects of themselves as a being and their lives to develop self-worth and confidence whilst preparing them for their futures
- Young women will explore issues in a creative way through using different methods to engage
- Young women will be challenged in a creative way through relevant activities, discussions, debates, problem solving and team building challenges.
- Young women will have fun, learn, develop, achieve and reflect on themselves, enabling them to make positive decisions
- Young women will gain confidence in themselves and their ability and be able to recognise their full potential and self-worth
- Young women will be able to identify their own and the groups personal strengths and understand what can have an impact on an individual's self esteem

### Outcomes:

- Young women will think positively and will be empowered to fulfil their future aspirations
- Young women will develop the skills to put in place a personal strategy that will enable them to continue on their journey of positive self-thoughts and self-worth
- Young women will build on existing skills and have the ability to be able to develop new skills
- Young women will have increased skills that enable them to make positive and sustainable life changes
- Young women will develop their confidence and self-worth, allowing them to manage risks and stay safe effectively
- Young women will be able to think creatively to solve their own problems
- Young women will have increased confidence and have improved communication skills, enabling them to share their views successfully
- Young women will have increased awareness of issues important to them, and feel empowered to explore these both in a safe, supportive single gender environment and in their wider lives