

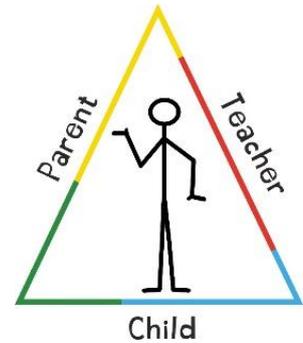


Hobb Lane  
Hedge End, Southampton  
Hampshire, SO30 0GG

Telephone: (01489) 782295  
E-mail: [admin@freegrounds-jun.hants.sch.uk](mailto:admin@freegrounds-jun.hants.sch.uk)  
Website: [www.freegrounds-jun.hants.sch.uk](http://www.freegrounds-jun.hants.sch.uk)

Headteacher: Mr Ryan O'Hearn, BA (Hons)

13/01/2021



Dear Parents and Carers,

As part of our whole school, well-being approach we are really excited to be launching a new programme in school called Trick Box, which is a fun and effective personal development programme, to help children to;

- Build confidence
- Manage emotions and anxiety
- Develop communication skills
- Make positive choices about actions
- Coach themselves through challenges

Trick Box is designed to support children in four key areas: confidence, calm, creativity and communication.

Children will learn 'tricks' or skills to help recognise feelings and manage difficult situations; all skills which are essential for life and promote positive mental health and wellbeing.

From Year 3 to Year 6 your child will be introduced to 24 'tricks' and a simple self-coaching model called the Letter Box, designed to give them positive habits for life.

Each week the children will learn a new 'trick' designed to support one of the four key areas. We will include some information about the trick the children will be learning in our newsletter, on the website and via Google classrooms so that you can ask your child about it at home.

We'll be practising the tricks at school and it would be great if you could also practise these tricks at home with your child. There will be an opportunity to purchase a pack of the 24 Tricks from the school office and the cost will be £5.00. Further information will be provided in due course.

A link to a presentation for parents and carers to provide more information can be found on our school website and you can also click on the link here:

<https://www.loom.com/share/2d292ca2d0674a37a9eab7b715d25fdf>

You can also visit the Trick Box website:

<https://trickbox.co.uk/>



### Mirror Mirror



This week, the children have been introduced to the first trick called Mirror Mirror. This trick develops children's confidence as they practise saying something positive about themselves in front of a mirror (or a pretend mirror!) As we get older, we often find saying nice things about ourselves a bit awkward and embarrassing, but it's so important that we can find something we like about ourselves, or something we think we are good at. Why don't you try it yourselves at home too as a family.

Yours Sincerely

Sarah Robinson  
SENCO  
Mental Health & Wellbeing lead