



Dear Parents/Guardians

In today's session we gave KS (our puppet) a scenario where he was being bullied. KS had Yucky feelings and the children came up with strategies to help KS. One strategy was the telling of a trusted adult – children were asked to identify trusted adults in their lives to whom they could turn to for support if they ever had Yucky feelings.

Children have been given a worksheet to take home and complete listing who their trusted grown-ups are.

We also helped the children learn about their voices and saying "No" in uncomfortable or unsafe situations. Whilst we encourage children to be respectful it is sometimes necessary for children to break the rules and say "No" when they are faced with situations which make them feel Yucky or scared.

Please take this opportunity to talk with your child about today's session and please encourage them to complete the worksheet and return it to school.

Mrs Mackenzie and Mrs Daly