



Washwood Heath
Nursery School

Dear Parents

We are writing to inform you that from June we will be working with Birmingham & Solihull Women's Aid, who will be delivering a 6 week programme to the children promoting a range of themes such as safety and positive relationships. This fits in really well with the work we are also doing for the Rights Respecting Award, promoting Articles:

Article 12 Every child has the right to have a say in all matters affecting them, and to have their views taken seriously.

Article 15 Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.

Article 29 Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights

Please see the attached letter for more information about the 6 week programme and the themes that the children will be learning about.

If you have any further questions or would like some more information, please speak to your child's key worker.

Dear Families,

We are thrilled to share that the Bright Beginnings programme is coming to your child's school! Designed specifically for children in Early Years settings, the programme focuses on fostering positive connections and friendships, promoting safety awareness, asking for help, teaching respect, and nurturing pro-social behaviour.

Bright Beginnings will consist of 6 one-hour sessions taking place over a 6-week period. Below you will find the outline to each session:

- **Session 1 – Feelings:** To encourage children to explore and express feelings, raise confidence and self-esteem.
- **Session 2 – Self Esteem and What Makes A Good Friend:** To encourage children to think about how they can be good friends to one another, explore how their behaviour can affect the feelings of others.
- **Session 3: When I Grow Up** – Children will learn that they can be and do whatever they want when they grow up, objective being to increase their confidence in regard to gender stereotypes.
- **Session 4 – Warning Whispers and Secrets and Surprises:** Children will recognise the signs in their body when they are feeling unsafe or scared. Children will learn the difference between secrets and surprises.
- **Session 5 – Hi Five Hands:** Children will identify their personal safety network - who they can speak to when they need help.
- **Session 6 – Everybody Has A Right To Feel Safe** Children learn about healthy ways of managing big emotions such as anger, without upsetting or hurting anyone.

The first session will be delivered on **03/06/25** and the remaining sessions will be held weekly thereafter. If you would not like your child/ren to participate in these sessions, please speak to a member of staff at the nursery.

If you have any queries or questions about the programme, please do not hesitate to speak to your Early Years setting.

Best wishes,

BSWA Early Years Workshop Facilitators

