Y4, 5 & 6 Girls' Resilience Sessions
Tuesday 5th November

Dear Parents/Carers,

York City Foundation is offering a fantastic **Free Girls Only project** starting on Thursday 14th November which can be accessed by Headlands for FREE with YCFC Foundation.

These sessions will run after school and run for 45 minutes per session till 4.15 pm and for up to 16 girls per group, for 6 weeks (with the last session on 12th December). It is mainly classroom based so no kit is required.

This fantastic opportunity is for girls who would benefit from working on resilience through the below 5 coping mechanisms
Reflection
Relaxation
Relationships
Refuelling
Recreation

They will be learning through different activities using problem-solving skills, which will be able to show them how they overcome problems and be able to become more confident to overcome a problem if it arises again knowing that they are capable of doing it.

Throughout the course, they will receive a journal for them to take away from the learning and also note down their own feelings between the sessions. They will aim to achieve stickers throughout the course which will go into their journals. For full attendance and completed journals, **they will receive a certificate, football, and a ticket to a York City Ladies game which a York City Ladies player or players will present in an assembly.**

The Journals will be vital to the girls to be able to set targets for them to be able to understand those targets. This will also be able to provide measures for the outcomes that they have wanted.

If your daughter wishes to do Resilience Football Sessions at Headlands Primary on Thursday after school until 4.30pm. **Please complete the electronic form to register your interest**:

https://forms.office.com/e/ruCiEHnHEm

Texts will be sent out to confirm your child's place.

Kind Regards,
Phil Smith
YCFC Foundation

Community
Schools
Community Engagement
Participation & Pathway