

Pupil Parliament – Friendships and support – April 21st 2023

When you have friendship problems how could you be helped to solve them?	We all have tough times – as a school what can we do to help you?
<ul style="list-style-type: none">• Friendship club/ groups/meetings• Just have fun and move on from unkind things• You may not agree with each other – remember that and if you need help ask an adult• Have some time out – away from people -calm down time• Time to talk• Have a class pet to talk to• Don't include yourself in other peoples worries• If people need help – help them• Forgive each other• Let people have private chats – when teachers get involved it gets too serious• Be polite• Buddy bench – places to sit together and talk quietly	<ul style="list-style-type: none">• Everyone can be kinder to you• Be left alone sometimes – ask for help when you are ready• You don't always need teachers to keep asking if you are ok. Older children could have a lanyard with 2 sides – one side says can you talk to me –• Have hand signals – leave me/ help me/ stop/ timeout• Include each other in more games• Help each other• Give them free doughnuts• Use the nest more• Share worries with friends and learning partners• Have a relaxing lesson each day• Have a time when everyone is calm and relaxed – whole school including adults are peaceful• Have a worry corner/ monster/ somewhere to write worries• Have a card on your desk that says you have a worry• Talk to an adult or a friend – share your worries• Have some lessons about how to help when you have a worry• Put worries on post it notes share with the class• Meditation/ calming/ motivation posters• Talk about things in the morning•

House team ideas

- ★ Football competition
- ★ Basketball competition
- ★ Running races, wheelbarrow, jumping up
- ★ Art day
- ★ Ball game competitions
- ★ Litter picking – tidy up the school
- ★ Dodgeball
- ★ Sing an song
- ★ Dancing
- ★ Trim trail competition
- ★ Bake a cake
- ★ Obstacle race
- ★ Sponsored event
- ★ Rounders competition
- ★ Gardening competition
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