



Springwood Federation, Springwood Avenue, Waterlooville, Hants, PO7 8ED  
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23<sup>rd</sup> January 2023

Dear Parents/Carers,

### **Springwood School Ethos and Values**

At Springwood, we endeavour to equip our learners to be able to Stay Safe. Through our curriculum we discuss Treating Each Other as you Wish to be Treated and always promote Trying Your Best and Being Proud. Therefore, we aim to develop responsible, self-regulated and self-motivated children. These are the school values which have been adopted by the school community and we seek to uphold them at all times.

However, 'life' has a habit of presenting us with challenge and change and things do not always go to plan. In order to support all our children to learn the habits and skills they will need to live a happy life now and in the future, Springwood has invested in an emotional management and personal development programme called 'Trick Box' which will be rolled out in all year groups across the federation this half term.



Trick Box programmes are designed to help individuals of all ages to develop practical, real-time, personal habits and skills to:

- Recognise and self-manage emotions
- Develop effective coping mechanisms
- Develop mindful awareness and relaxation
- Problem solve, develop perspective and create solution-thinking
- Build motivation and enhance personal learning
- Set and achieve positive goals
- Develop communication and interpersonal relationships
- Develop empathy and contribution
- Recognise and build on strengths in self and others to develop character
- Create long-term empowered thinking, autonomy and resilience

To celebrate the launch of Trick Box in school, we are inviting your child to come to school on **Thursday 2<sup>nd</sup> February (note date change from Wednesday 1<sup>st</sup> February)** dressed in a way that makes them feel either confident, calm, positive or creative. Please encourage them to explain which word their outfit is making them feel and why before they come to school so they can share their thoughts with others. Please do not spend money buying new clothes.

Best wishes

**Gill Bryant**  
Deputy Head Teacher