



Sunflower

Schools for Hope Programme





St. Catherine's Nursery Unit

Dear Nursery Parents,

We are pleased to inform you that our Nursery children will be participating in an exciting new initiative called **'The Sunflower Programme'** based on a **Health Improvement Programme** used called **Schools For Hope**. **Schools for Hope** is a new curriculum project developed to support Mental Health and Well Being .It is based on research that suggests hope is a teachable skill to all children. Its aim is to equip pupils, educators, and parents with the tools they need to find and maintain **Hope** even during the most trying of times.

The programme is aimed to encourage our wee children (at a young age) to think and talk about their hopes and to help develop their resilience as they journey through early years and onwards into older years and hence on into adulthood. The Sunflower is our sign of HOPE as it is such a resilient flower and you will find out more about this in the first session.

The programme will consist of 10 structured workshops which will be delivered to the children by the class teachers. **Our parents will be asked to join and support our wee children during 4 of these.** The workshops will be informal, interactive and so much fun and will take place in the Nursery Classrooms. The first 5 workshops will take place in Term 1 now before Christmas and the last 5 workshops will take place in Term 2 after Midterm.

The sessions and themes are outlined below. Dates are written beside the PARENT Sessions.

Please let us know if you can attend the 4 PARENT SESSIONS outlined below.

Term 1

Session 1-What is Hope? - Wednesday 9th November 12.30-1.30pm (NR1)

Thursday 10th November 12.30 – 1.30pm (NR2)

Session 2-Why is Hope important?

Session 3-The Brain and Hope

Session 4-How to create a Hopeful Mind- Thursday 1st December 12.30-1.30pm (NR1)

Friday 2nd December 12.30 – 1.30pm (NR2)

Session 5-Connecting, Passion and Purpose

Term 2

Session 6-Review Hope

Session 7-Hopeful Goals and Pathways Thursday 9th March 12.30-1.30pm (NR1)

Friday 10th March 12.30 – 1.30pm (NR2)

Session 8-Welcome Back, Stepping stones

Session 9-Challenging Hope

Session 10-Graduation- Thursday 30th March 12.30-1.30pm (NR1)

Friday 31st March 12.30 – 1.30pm (NR2)

We look forward to your participation in this very worthwhile, innovative programme and really **hope** you can join us!!

Best WishesYour Child's Nursery Team!

Nursery Sunflower Programme (Schools for Hope)

Please complete and return to the Class Teacher by Tuesday 8th November

I understand and give my consent that my child will participate in the Sunflower Programme.

Yes

No

Signed: _____

Parent/Guardian of: _____

Class Teacher : _____