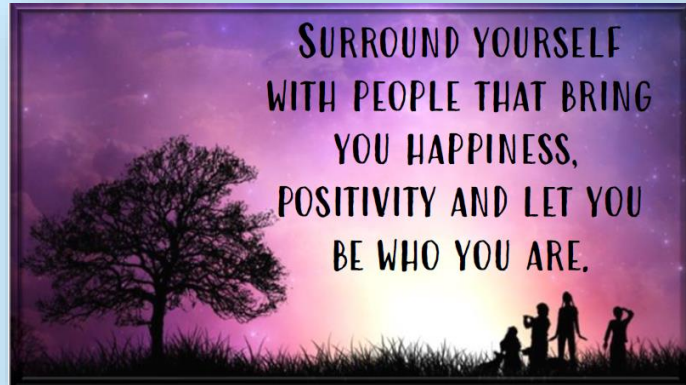


# The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

The focus this half term is friendship. We all need people that we can talk, play and laugh with to help with our mental health. We need to pick our friends wisely. Friendships have power to shape who you are, they are a reflection of you.

Mrs Sarah Chapman-Allen



## What is a good friend?

Take the 5  
finger  
friendship  
challenge



## Making and keeping good friends -Top tips!

- To have good friends, you have to be a good friend.
- Be friends with people who accept you for being you, don't feel you have to change what you like.
- Good friends listen and encourage each other.
- Don't say unkind things about your friends.
- Make lots of different friends, learn from them.
- Say sorry if you make a mistake.
- Arguments happen, take time to work it out
- Find ways to show your friends that you appreciate and care about them.



## How to deal with falling out

You may have had an argument with your friends (maybe you've had a few). Just because you disagree, it doesn't mean that you can't be friends.

At Primary school, everyone is starting to learn how to be a friend, sometimes they get it wrong and say something upsetting or hurt your feelings.

Try:

- Listening
- talking about how you feel with someone you trust
- Find a peacemaker
- Have a laugh
- Accept that you might both have been right

## If you need help...

**Family Information Service** (help with finances, wellbeing, housing)

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32>

**Restore Hope** - 01494 765555

**MIND** - 01296 43732

**Chiltern Foodbanks** - 0808 2082138

**Employment Support** - 01494 463364 EXT 2

**Safe Haven Crisis support** - 01494 218098

**Don't forget we are also here to help.**

## Friendship bracelets

Why not make a friendship bracelet for your friend. Below is a link to a website video with the instructions.

<https://www.youtube.com/watch?v=Qrn01JeAnQk>

