



20th June 2023

Dear Parents/Carers

RE: Get on Board programme

This morning, all students in years 7 to 10 took part in a session called 'Get on Board'. This session aims to help empower young people to recognise common friendship issues and to help them to solve their own friendship problems.

Research shows that adult intervention (teachers and parent/carer involvement) in everyday friendship turbulence between teenagers often makes the situation worse. The aim of this session is to educate our students on the fact that everybody needs someone in their year group who they can call a friend. It is often the struggle to find this person that can cause issues as they leave and change friendship groups. The 'Get on Board' session shows students that everyone is going through this and focusses on how to deal with such issues.

It is important to note that this session will be used as a de-escalation strategy to help students solve low level, common friendship issues, which can sometimes have a negative effect on their school experience. **This is NOT our solution to bullying**, as bullying occurs when there are repeated, intentional incidences of one person/group against another person/group, where the relationship involves an imbalance of power. If bullying is identified, we will follow our Anti-Bullying Policy.

An information booklet detailing the information that students received in their 'Get on Board' session has been sent alongside this letter. Please read this booklet to understand your role as parents/carers in supporting your child through any friendship issues that may arise. Should you require further information, please contact your child's Head of Year.

Yours sincerely

Miss L. Gregory

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