

Sparsholt C. E. Primary School

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Dear Parents.

Wow! What a Year it has been! I am sure you are looking forward to a fantastic summer holiday with your family. Holidays offer a great opportunity to spend time together, to talk, to share experiences, and sometimes, feelings. However, these conversations are not always easy, especially if your child finds it hard to explore or express and name their emotions.

In my role as PSHE lead in the school, I just wanted to tell you about a fantastic free online service created by **Parent Zone and funded by BBC Children in Need's 'A Million and Me initiative'**. 'Ollee' is a digital friend designed to support children's emotional wellbeing by helping them reflect on how they feel, process experiences, and find ways to talk about it with a parent or carer. Although this supportive digital space is aimed at 8-11 years, there is a wealth of resources, which all parents of all age groups will find valuable.

Ollee offers a safe and supportive digital space with advice on subjects your child may have strong feelings about including school, family, friends, their body, the internet and the world. Your child can pick a subject they want to talk about, then choose an emotion they are feeling. For example, 'something good happened', 'I feel lonely'. Ollee can be found at: app.ollee.org.uk.

To help you plan a brilliant summer together and to support family conversations about feelings, I have attached a 'Summer Ollee Day Wall Chart' that you could use to plan activities together and track how your child is feeling and find ways to open up conversations.

On the theme of opening up conversations with the children, we have recently given the children in years 1-6 an opportunity to answer Pupil Questionnaire. The feedback from children was extremely honest and insightful. They have told us very clearly, what they would like improved. In the autumn term our mission is to work with the children and act on their suggestions for improving their school under the themes of: playtimes, participation, behaviour, wellbeing and clubs. Outcomes of the pupil survey will be reported in more detail in September.

I hope you have a wonderful summer holiday and remember to keep the Sparsholt Wheel of Wellbeing in motion!

Best wishes,

Mrs Jane Gwilliam,

Deputy Headteacher

