

*“When we are no longer able to change a situation, we are challenged to change ourselves.”*

Viktor Frankl



## Barley Lane School

*Ready, Respectful, Safe.*



Dear Parents,

We are delighted to be participating in Positive Noticing Day on Wednesday 15th November 2023. We do lots of positive things here at school and we want you to be part of them. Noticing the small kindnesses in each other consistently builds a feel good and caring environment. We care for each other daily and the steady drip, drip, drip of kindness and positive noticing is infectious and meaningful to our everyday positive mental health.

We will be spending amounts of time through the day thinking about the power of positive noticing. It is simple, practical and highly effective. Being Positively Noticed by others builds your self-esteem, supports behaviour and promotes good mental health.

We will be encouraging pupils to positively notice one another which might include:

Wrist bands, tags and post it notes. Some may choose to bring home blank positive label for you to use. We know that children who are positively noticed by their parents are happier, healthier and more resilient and secure.

You may wish to use Positive Noticing Day as an opportunity to start daily Positive Noticing in your home. You can create and share positive labels as a family and save them - stick them on the fridge, the back of the door or put them in an old picture frame.

Here are some ideas to get you started:

- 'I noticed you washed your plate, that's really helped me this morning, you are very thoughtful, thank you'
- 'Doing your chores without me asking shows real independence. I love the determination you are showing'
- 'You are so good at sharing with your sister. You are such a kind person.'
- 'I noticed that you were really kind to Theo at school. That made me really proud of you'
- 'Thank you for putting your clothes in the wash basket. I notice you are following the routine and remembering it perfectly. You are really trying and I appreciate it.'

We hope you enjoy the day and want to say 'we notice you' and the effort you make to support your children, to engage them in learning and enrich our school community.

You can find out more about Positive Noticing and Positive Noticing Day at

<https://www.positivenoticingday.com/homeadults>

If you have any questions please do contact, thank you all.

Mr Moore

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*'Never look down on anybody unless you are helping them up.'* Jesse Jackson