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TRIDENT
PREPARATORY
KALUMBILA



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Letter from the Head

Dear parents,

It is with great excitement that I can inform you that a general information letter about the activation of our Trident Tigers Swimming club, along with the relevant registration form, has been distributed to you. However, it is important that you make sure that you understand the commitment/responsibility that your child/children will have to commit to, to ensure that they remain a member of the club.

It's tradition at TPK for each student to receive a reading book (selected by their parents) and handed over, during our annual awards evening at the close of the Academic year. Arrangements have been made for Book World to come to Kalumbila on 31 October and 1 November. They will be at Sentinel School in town. Please make use of this opportunity to select and purchase a book/books for your child/children. It will be truly heartbreaking for your child to be left out and not receive a reading book on the evening.

As a build-up and part of our Educore 10 Year celebrations (celebrated on 6 October), our staff will join up with Sentinel school to participate in a Wellness afternoon at Sentinel school on 22 September. The event promises to be loads of fun. Staff will get a chance to engage with our fellow colleagues, participate in some fun aerobics events and build some unity amongst the Educore schools.

Our music evening will take place on 29 September. I have no doubt that it is going to be a most enjoyable event and a special invitation to our talented musical parents to inform Mr. Sakanyi of your attendance and your contribution to the evening. This is a golden opportunity for our parents to showcase their musical talent.

TPK school and sport photos will be taken on 4 October, a reminder will be sent out closer to the date.

I came across an interesting chart this past week about how to build resilience and emotional health in children – I thought it best to share it with you today.

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How to build resilience and emotional health in children



Our top tips



Practical ways

1 Build positive relationships

Help them to strengthen and build positive relationships with their friends and other adults. This will help them to understand, think and communicate with others, as well as contribute to social and emotional development.



- Give them space to spend quality time with their network of friends and loved ones.
- Help them build a positive relationship with themselves and others by letting them spend time doing the things they love.

2 Build emotional awareness

Encourage them to understand, express and manage their emotions. Children who learn to handle their emotions tend to have better physical and emotional health, do better at school and get on better with friends. Let them know it is ok for them to seek help and support too if they need this.



- Encourage them to get to know who they are and what values they hold.
- Give them lots of positive encouragement and praise.
- Share your experiences with them so they can see you understand what they are going through.

3 Build independence

Help them learn to be independent in their actions and thoughts. This will help to develop their confidence, self-efficacy and self-esteem. It will also boost motivation and help them to work through challenges.



4 Build confidence

Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges.



- Encourage them to learn problem-solving skills as that is key to building resilience. No matter what the situation or issue is, there is always a resolve for it.
- Whether they accomplish them or not, encourage them to plan goals and challenges, which help to boost their self-esteem and confidence and independence.

5 Get support

Family Lives is always here to support you through difficult times. For support call our confidential helpline on 0808 800 2222, email us at askus@familylives.org.uk or chat to us online.



- Help them list all the things they are good at including being kind, helpful and loving and show them why these attributes are so essential in life.

Find out more www.familylives.org.uk



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Yours in education

Jannie Le Roux