



KIRKHILL PRIMARY SCHOOL
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At Kirkhill we are #PROUD of our school community. Everyone is encouraged to be creative, strive for excellence and be inspired to attain, achieve and be their best.

Kirkhill Primary's Health and Wellbeing Programme - Bounce Back

Dear parent/carer,

As part of our Health and Wellbeing programme, we use the Bounce Back resource throughout our school.

The Bounce Back wellbeing and resilience programme teaches children the skills and attitudes to help them be in a positive mood most of the time, get along well with others and become more resilient. It uses literature as a starting point for discussions and follow-up activities.

We will share some key messages and information throughout each term from each unit of Bounce Back to allow you to reinforce the language and messages from our Health and Wellbeing programme in school. This will allow our learners to get the most from this programme and overall benefit their health and wellbeing. Click [here](#) to find out more information.

Please get in touch with our school office if you have any questions.

Yours sincerely,

Lorna Gray
Depute Head Teacher

UNCRC Article 27

Every child has the right to a standard of living that is good enough to meet their physical and social needs and support their development.

UNCRC Article 28

Every child has the right to an education.

UNCRC Article 29

Education must develop every child's personality, talents and abilities to the full.

#PROUD **Perseverance** **Resilience and Respect** **Optimism** **Unity** **Diversity**