



# THE WAY

TERM 1 | THE WAY  
NEWSLETTER | FRIDAY 05  
APRIL 2024



## FRIENDSHIP AND BELONGING

**We are almost at the end of the first term and it is common for parents to touch base with their children and just check if they have friends.**

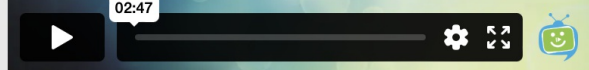
“The ability to obtain, maintain and retain friendships is, according to all the childhood psychologists in the whole wide world, the greatest predictor of wellbeing. Having a rich repertoire of friends is a true indicator of whether your child is travelling ok.” Dr Michael Carr-Gregg

How do you support your child if they are struggling to make friends? To answer this question, click on this link.

## Interviews with the leading specialists

Is it normal to worry about my child's friends and friendships?

02:47



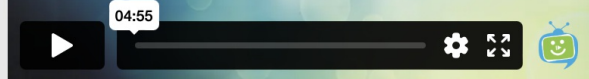
Why is belonging and inclusion important for our children's wellbeing and for our wellbeing?

03:18



What can we do to encourage belonging and inclusion at home and at school?

04:55



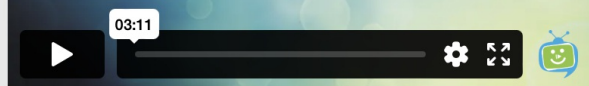
If my child comes home from school and says, 'No-one likes me'. How should I respond?

06:03



My child only has a few close friends. Should I be concerned?

03:11



My child is extremely shy and has difficulties making friends. What can I do?

02:39



**Mrs Jacoline Petersen**  
Director of Student Counselling

---