



# THE WAY

TERM 1 | THE WAY  
NEWSLETTER | FRIDAY 05  
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## FRIENDSHIP AND BELONGING

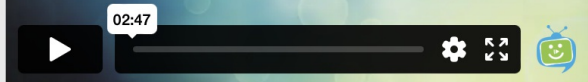
**We are almost at the end of the first term and it is common for parents to touch base with their children and just check if they have friends.**

“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

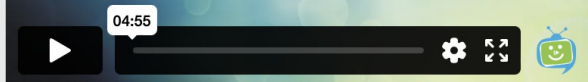
Is it normal to worry about my child's friends and friendships?



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



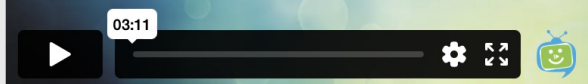
What can we do to encourage belonging and inclusion at home and at school?



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



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



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



**Mrs Jacoline Petersen**  
Director of Student Counselling

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