

GR8 AS U R

The GR8 AS U R programme teaches children to
TAKE ACTION to feel great (GR8).

Today your children have taken part in a

GR8 M8 FUNDAY

This FUNDAY is all about being kind (to yourself and others),
to become a great mate (GR8 M8), a great friend.

Throughout the day your child has learnt 4 STAR STEPS to be a kind,
through workshops delivered by the GR8 AS U R Team.



S for **STAND UP** - is about having confidence to STAND UP & feel GR8 about yourself.
T for **TALK TO SOMEONE** - teaches children to talk to someone if they have a problem & know who they can talk to at school & at home.
A for **ALWAYS HELP** - teaches children to be kind and to always help others when they are upset, lonely or just need a 'helping hand'.
R for **REMEMBER EVERYONE** - teaches children to be respectful and a good friend to everyone, and not leave anyone out.

This is just one part of the GR8 AS U R programme that your child's school are following. The programme also includes termly challenges and story or workshop based lessons.

For further information see www.gr8asur.com