



St Joseph's

Catholic Primary School
To follow in Jesus' footsteps, caring for each other when we work, play and pray.

Little Sutton Lane, Sutton Coldfield B75 6PB

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Testimonial: Gary Anderson, Secure Mind Solutions

In January 2018, we started working with Gary and Secure Mind Solutions one day a week with our 30 Year 6 pupils in groups of 5/6 children engaging in 40 minute small group life skill training sessions. These sessions were designed and delivered by Gary to assist in preparing the children for the 'life' stresses involved in the Year 6 to Year 7 transition, but providing them with vital strategies and essential skills for life.

The sessions have been educating the children on issues that they will face once they leave 'Primary School bubble' that they have become cocooned in over the past few years. Covering issues such as:

- Travel training, showing them the life skills of keeping safe in the community,
- Situational awareness and coping strategies should they face a confrontation.
- Keeping safe to and from school – awareness of self.
- Minimising the risk and an awareness of how to de-escalate a situation.

The children have also learnt basic strategies related to their Physical, Emotional and Mental Wellbeing;

- Basic fitness and awareness of their own strength and stamina.
- Body conditioning and building confidence in ones self.
- Basic Self-Protection skills: and combat techniques; palm strikes, hammer fists, releasing from being grabbed.
- Walking with confidence and awareness.
- The importance of Voice De-escalation.

Our children are growing up in a society very far removed from the one we grew up in, we felt that these 'life skills' interwoven through fun physical activity will enable them to have increased self-esteem, self-confidence and resilience to face the future- without creating fear.

Drawing on his own life experiences Gary is able to identify and work with the children in a friendly and safe environment helping them to face their own fears and anxieties so much so that within the first month several children were beginning to share experiences of bullying and personal circumstances that would have otherwise been locked away creating issues for the future.

The children look forward to his sessions, especially the 'Little Billy' scenarios. As a school we have seen changes in self-esteem, confidence and maturity. Total value for Money.

Should you need further information, please contact me at school.

Yours sincerely,

G M O'Hara



ST JOHN PAUL II

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