



# Dashwood Banbury Academy

an Aspirations Academy

Growing together, succeeding together

Amy Rogers – Principal

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Dear Parents/Carers,

I am delighted to announce that our school has been invited to take part in an exciting new initiative that aims to improve the resilience of our children.

The 'Choices' programme has been specifically created for Year 5 and 6 pupils. It aims to strengthen pupils' own sense of identity while raising awareness of the influences around them, and has been proven to help build resilience in a range of situations. During the programme, pupils will explore how they make choices, what influences those choices and how to take greater responsibility for keeping themselves safe.

The programme is linked to various areas of the school curriculum including Social, Moral, Spiritual and Cultural programme (SMSC), Personal, Social, Health & Economic education (PSHE), and British Values, all of which contribute to a 'Healthy Body and Healthy Minds' approach.

Lime, the organisation behind the programme, work with young people all over the UK. They help them to think about themselves and their communities, and work with them to create actual answers to real challenges, with solutions that support young people to build character and confidence.

Schools running similar programmes in other parts of the country report that pupils have become more confident and assertive decision-makers, better equipped to navigate difficult and complex situations, and ultimately make better-informed choices. Teachers have similarly seen the benefits of the programme, with enhanced levels of trust and cooperation between pupils, and a learning environment that supports them to thrive and flourish. This unique programme will also begin the process of equipping our pupils for the transition to secondary school, with follow up activities planned for them in Year 6.

We are extremely pleased to have been chosen to take part in this valuable programme and sure that it will be of benefit to our pupils. If you have any questions, or require further information, please do not hesitate to get in touch.

Yours faithfully

**Miss Annelise Gooch**  
Assistant Principal

