



3<sup>rd</sup> April 2019

Dear Kaysen and Lisa,

Thank you for the support that you and your colleagues have provided to our students during the Horizon programme. It was a pleasure to work with you and your team and the students really engaged with you, your team and the programme.

At the end of the 4-week uplift course, the students' knowledge and comprehension of the course content improved vastly from below average to good / excellent.

Many of the concepts were new to the students who have highlighted the following areas they enjoyed and have taken away from the sessions.

- . Tapping techniques
- . Managing emotions
- . Positive affirmations and positive mantras
- . Self-motivation to achieve
- . How to de-stress
- . Inner confidence and in-depth sense of them self
- . Discovery of their own skills and attributes they can use to keep calm and channel their energy positively.
- . Recognition of the person they are portraying / who are they emulating, and how they want to be portrayed.

The students' evaluation of the sessions highlighted following suggestions and these will be included in future support programmes.

We would like the opportunity to offer the programme to a higher number of students and would look forward to working with you in the future. Unfortunately, in the current economic climate funding is not available.

Please let me know if there are any further sessions at no cost, available to Meridian High School.

Kind regards

Mrs Jayne Curd

Student Resilience & Wellbeing Leader