



Farringtons School

SAFEGUARDING NEWS

Issue 14: September 17

Self-Confidence



In Wellbeing and Chapel we have been focussing on self-confidence and being happy in the skin you are in. It is very important for both schools and parents to help children become confident. If our children believe in themselves, they will take more risks in life, accomplish their goals and achieve great things.

The good thing is confidence can be developed, no matter a child's situation or feelings. Parents can help improve a child's self-confidence by giving their children many opportunities to practice and master their skills. Let them make mistakes and be there to boost their spirits so they keep trying, even if they sometimes fail. Parents are the main source of a child's sense of self-worth. If you don't know where to start, here are the most effective ways to help your children become happy, self-assured, and successful.

At Farringtons we are committed to ensuring our pupils are confident and have high self-esteem. If you feel your child is struggling with this, please do let us know.

Useful Contact List

Junior School

Mrs Lavinia Long (Lead Teacher: Pastoral Care - Girls) – llong@farringtons.kent.sch.uk

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Senior School

Mr Adam Essex (Head of Lower School) – aessex@farringtons.kent.sch.uk

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