



Santa Clara School

18 February 2016

Dear Santa Clara Parent/Carer

It is my pleasure to share an exciting project that our school will be undertaking over the next few months. With the generosity of Bunnings, we will be placing two 'Friendship Benches' at different spots in our school.

The Friendship Bench, also known as Buddy Bench, is an interactive tool and represents a safe place for child/ren to congregate when they are in need of a friend. The friendship bench is a special place in the school playground where a child can go when they want someone to talk to.

These purple benches have been painted distinctively different from other seating in the school and will be located in an open and well used areas of the school so that any child using the bench will be noticed quickly.

When a child feels the need for a friend to talk to, he or she can show this by using the bench. Other children and staff will recognise this as a sign that some help, support or comfort is needed and will come to talk with the child.

The Friendship Bench is a means by which a child can seek support without the need to rationalise their feelings or to seek-out a particular member of staff or special friend. Because the bench is the day-to-day environment of the school it can be used at any time and for any reason – from seemingly trivial matters to more serious concerns – and encourages children to ask for help when they are troubled.

In return, we as a whole school approach, will teach our students compassion, understanding, empathy and kindness. Mindfulness is a big part of our everyday lives and encouraging our students to have a mindful mindset will help tremendously as they grow everyday in a positive way.

Even if we are having a great day, a happy day, this is just as important, as the Friendship Bench is placed to bring as much positivity to our school and community as possible.

Yours sincerely

Richard Win Pe
Principal