

LUNCHTIME BUDDIES

Lunchtimes can be a daunting time for some children because it is less structured. In the past, we have identified some children who need support with self-esteem, confidence or social skills.



'Lunchtime Buddies' is an initiative being run at Marish during lunchtimes where children can volunteer to be a 'buddy' and help out staff and other children. This initiative began with just a few children volunteering however this year, over 100 children signed up, ready to give their own lunch time to be a 'buddy'! Different children are picked each term to ensure a fair system for all.



Lunchtime Buddies can help out to:

- Get children lined up for lunch
- Play games with children outside to get them more involved in positive play
- Sit with children who seem a little bit lonely or upset
- Help children to feel happier by praising them

The great thing about this is that it is a great way of building confidence both for the buddies and the children who they support. It helps to create positive relationships with peers across the school and not just with classmates. By running this at lunch times, we at Marish are able to promote kindness and genuine caring amongst our pupils and show them the reward for this by making them feel good to help out others.

With all this in mind, we hope to encourage all of our pupils to grow into responsible, kind and caring individuals by introducing them to something as simple as being a lunchtime buddy. Many of the children who have been involved in this initiative have enjoyed it so much that they continually sign up and some even approach staff daily volunteering to be a 'buddy'.

Those on the receiving end of the buddy's help have also benefitted from having someone to play with, someone to talk to, someone to share their lunch time with and this has given them a boost in confidence and the chance to feel valued as an individual.

If your child is interested in being a lunchtime buddy or wants to find out how to sign up, get him/her to speak to Mr Nicholls who has been managing this amazing initiative from the onset.