



## Our Class is using Embers the Dragon!

Dear Parents and Carers,

We're delighted to introduce you to Embers the Dragon, a new programme we'll be using at Alderwood Primary School to help your child build emotional literacy and resilience.

Embers is built on clinical best practice and uses cartoons, fun family activities and expert advice videos to teach key emotional skills in an engaging, age-appropriate way.

For children to learn and remember great skills for their emotional health, everyone around them must work together. That is why the programme has content for children, their parents and their teachers.

In school, we'll be using Embers every week as part of our lessons, and there are home resources to accompany and reinforce the topics your child explores in class.

### Getting Started

To get started at home, simply visit [embersforschools.co.uk](http://embersforschools.co.uk) and click *Register* to sign up. You'll need the school's access code which is:

**ETDADW25**

Your class will be using Embers usually on Tuesdays.

There is an introductory topic with a video for parents, and an animation and activities to enjoy with your child – it would be great if you could complete this before we start using Embers at school, so we can begin on the best foot.

We hope you enjoy exploring the programme together and seeing the positive difference it makes. Please let me know if you have any questions at all.

With best wishes,

Mrs Edwards.

