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 deptfordparkprimaryschool

 @deptfordpark

 Deptford Park Primary School

11<sup>th</sup> October 2024

Dear Parents/carers,

### BEAM Year 3 Stepping up programme

We are dedicated in ensuring your daughter/s are

**inspired, empowered and  
educated**  
*during all sessions.*

We are delighted that BeIEve are going to be running their BEAM (Beautiful, Empower and Me) Stepping Up programme to our Year 3 girls starting in November.

BeIEve describes themselves as 'an organisation that empowers girls to realise their dreams and challenges traditional notions of female leadership'. If you would like to read more about them and the work they do, please visit their website:

<https://beleveuk.org/>

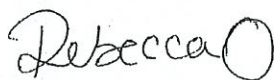
The programme supports the girls through their transition from KS1 to KS2. The programme dives deeply and meaningfully into the roots of confidence, self-esteem, resilience, empathy, healthy relationships and empowerment. The girls will be empowered to step up and show up for the challenges Key Stage 2 will bring to them.

The sessions begin on Thursday 7<sup>th</sup> November and run until the end of term. Please read the information pack attached, and sign the consent form to make sure that your child can take part. There is also photo permission on the form for you to consider.

We look forward to welcoming the BEAM team to our school, and we hope that your child enjoys the project.

If you have any questions, please don't hesitate to contact me.

Best wishes,



Rebecca Ogunbesan  
Assistant Head Teacher

Head Teacher: Leona Baffour



BelEve presents...

# BEAM STEPPING UP

## PARENTS INFORMATION PACK



**We Build your Girls' Self-esteem and Confidence whilst they find their superpowers and realise how amazing they are.**



# WELCOME

Dear Parents and Guardians,

We are excited to be delivering our BEAM Stepping- up 8 week programme at your child's school. ✨ ✨

BelEve equips girls and young women aged 8-22 with the skills, support and confidence to find their voice and make informed choices about their future in an inclusive community

With love at the centre of everything we do, we are committed to the development, wellness, and social mobility of girls and young women, BelEve advocates and creates a sisterhood culture, contributing to female empowerment and gender equality in the UK.

BelEve creates opportunities to transform girls and young women with tools that build self-belief, self-love, self-confidence and address emotional, mental and physical well-being.

We work collaboratively with the community and we strive to create a legacy for the next generation, to achieve our mission that all girls and young women are empowered to become leaders of their own world.

Below, you will find key information about our BEAM programme

# What is BEAM STEPPING UP?

Our BEAM (Beautiful, Empower and Me) "Stepping-up" programme is an exceptional resource for girls aged 7 to 8 that accompanies them through their transition from KS1 to KS2 and lays strong foundations for our BEAM Transition programme in year 6.



During the 8 week in school programme, we aim to dive deeply and meaningfully to the roots of confidence, self-esteem, resilience, empathy, healthy relationships and empowerment.

With this vital toolbox, your child/ren will be empowered to step up and show up for the challenges key stage 2 will bring to them.

BEAM participants will develop:

- Confidence
- Self-esteem
- Superpowers
- Resilience
- A positive self-image

Participants on our programme will gain the opportunity to come together weekly to connect, explore and learn new skills from each other.

We look forward to supporting your child/ren as they realise their true potential as they transition into the next chapter of their journey.



# PROGRAMME OBJECTIVES

- Provide a safe space to explore difficult thoughts, feelings and events.
- Increase their confidence and aspirations.
- Build self-awareness and self-esteem
- Learning about healthy relationships, respect and empathy
- Influence positive thoughts and feelings as they move from key stage 1 to 2
- Develop coping skills
- Understanding resilience and strategies to grow it
- Encourage aspirations and goals for the future.



## WEEKLY OUTLINE

- Week 1: Identity
- Week 2: Confidence
- Week 3: Developing Confidence
- Week 4: Resilience
- Week 5: Empathy
- Week 6: Respect
- Week 7: Healthy Friendships
- Week 8: Empowerment

# WHAT OUR BEAM GIRLS HAVE SAID

"I liked that we did many activities  
and had fun playing games "

*"It was fun and helpful"*

"What I love about BEAM is how they try to make  
us more confident and make it really fun too. Also  
I love that they can make us laugh too"

"I have learnt to be more confident,  
because I was really shy "

"I made some new friends"

"I got to learn different things"

*"Resilience means never give up"*





# Photo & Video Content

BelEve prioritises child safety in every aspect of our operations.

This commitment extends to the use of participant images.

Throughout each session, our facilitators will capture photographs and videos of participants, which serve as valuable promotional tools for BelEve. However, we have a duty of care towards the children, meaning that participants must remain unidentifiable to minimise the risk of inappropriate contact.

BelEve adheres to the following guidelines:

When media is shared externally, such as on the BelEve website, in newsletters, and across social media platforms:

- If a participant's name is mentioned, we will refrain from using their photograph.
- If a participant's photograph is featured, we will not include their name.

In cases where we showcase examples of participants' work alongside photos, only the child's first name will be used.

We kindly request your consent to take photographs, films, and other digital images of your child/ren for the purposes outlined above.

If you prefer not to grant this consent, please inform us through the consent form provided by the school, and we will respect your wishes.

Should you need further information or wish to change your decision at any time in the future, please reach out by emailing [programmes@beleveuk.org](mailto:programmes@beleveuk.org) or calling 020 3372 5779.



# Feedback & Communication

## Feedback

Your feedback is valuable to us and helps improve the BEAM Stepping Up Programme for all participants. We welcome your thoughts and suggestions on how the programme is benefiting your child or areas where we can improve. There are several ways you can share your feedback:

- Parent Feedback Surveys: At key points during the programme, we will send out brief surveys to gather your input on your child's experience and progress.
- Direct Feedback: You can provide feedback at any time by emailing the Programme Coordinator

We look forward to working closely with you and the school to ensure your child's experience in the BEAM Stepping Up Programme is positive and enriching!

## Contact Information

We are here to support you and your child throughout the programme. Should you have any questions, concerns, or need further information, please do not hesitate to contact us

020 3372 5779

[programme@beleveuk.org](mailto:programme@beleveuk.org)

[www.beleveuk.org](http://www.beleveuk.org)

