

We Are Stronger Charity has awarded funding for the project **“Smiling Choc, Learn with us”** to work with a few primary schools in Hounslow from September 2021.

Each school will be allocated about £3000 and is totally free for the school.

The aim of the project is to increase **children wellbeing, prevent and reduce bullying, and educate on nutrition**, to avoid any future eating disorders.

The Project delivery has started the 9th of July 2021 with St Edward’s Primary School in Marylebone, and in November with Alexandra Primary school in Hounslow which have already provided great feedback.

More schools in Hounslow are being recruited. To sign up or receive more info please email us on info@wearestrongercharity.org or call us on 07717576647.



Activities and Plan

There will be a combination of activities, from We Are Stronger Charity anti-bullying programme ones, to the distribution of the book **“Kindness Is All Around”**. The aim of the book is to lead children, to establish a balanced relationship with food and to build healthy eating habits from childhood, to prevent eating disorder, to build strong relationships with peers, respect diversities and overcome bullying. The book has been written by We Are Stronger with the collaboration of the charity's psychologists and nutritionist on the dedicated aspect to spread awareness, educate on bullying and prevent it.

- Book distribution: each school will receive one book per children plus 10 books for their library (to allow future students to learn from it)
- Book presentation: the writer will be presenting the book and have an open discussion with children
- Anti-bullying intervention activities: educational psychologists will provide one week training to each school, they will work 1 hour with each school's classroom (We Are Stronger will provide all relevant material)
- Target audience: primary school children
- Training: can be provided in person or via web (to conform to Covid-19 Government rules)

Objective:

- Prevent and diminish bullying and possible correlated eating disorder
- Increasing health and mental health in primary schools
- Create group integration and support
- Stimulate intellectual and emotional management

