

HEALTH AND WELLBEING

THIS GIRL CAN



This Girl Can is an emotional literacy programme aimed at year 5-8 girls. This girls-only initiative is designed to build confidence, communication and self-esteem through physical activity and resources, delivered by our Health & Wellbeing Coach Izzy.

For Izzy it has been a privilege to work with the Year 7 girls at Soar Valley College during the summer 2026 term. She loved the energy and enthusiasm they brought to each session, inspiring and supporting each other.



In week 5 of the programme, the girls discussed ways to recognise self-confidence during physical activity and how you could help yourself and others to develop those traits. The girls quickly identified the importance of encouragement & achievement.

Together, the girls designed a game that everyone felt confident playing. Izzy adapted the rules each round to change the dynamic or difficulty and she could see the students encouraging their peers, helping them to succeed. The hope is that the girls can transfer these ideas to their school life and beyond to develop self-confidence in their own ability and that of their peers.