

AMAYDA

1 July 2019

To whom it may concern,

My daughter has been attending AMAYDA since the beginning of 2019 at Pallara State School. We enrolled her into AMAYDA to equip her with the tools to cope with bullying prior to going into high school next year. The benefits she has gained doing this program have been more than we anticipated. She has improved her confidence, resilience and self-esteem.

We knew that bullying is an increasing problem in schools with one in four children experiencing bullying at school. . Our daughter, like many children, had limited understanding of the different types of bullying and what to do if confronted with bullying.

In attending AMAYDA there is always something new to learn. The lessons are structured in a way that make it fun, there's something interesting to learn each week and the staff are supportive and respectful of all the children. AMAYDA is not just about fighting. It focuses on physical, vocal and cyber types of bullying. It explores and identifies ways to avoid bullying in the first place and then provides strategies to defend yourself if the bully doesn't stop. Frank, Jez and the team have always been approachable, professional and easy to get along with.

Since beginning AMAYDA our daughter has shown increased ability to control her emotions, she also shares what she has learnt and the various strategies to deal with bullying. She understands the importance of respecting herself and others, and has improved her physical fitness.

I would recommend AMAYDA to anyone wanting to help their children be suitably prepared for bullying situations and improve their physical wellbeing.

Kind regards,

Meagan & Ewan McKenzie