



South Dartmoor Community College

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Empowering everyone to be the best they can be.



15 May 2026

Dear Parent / Carer

Anchor and Aspire – Girls Support Group Invitation

I am writing to let you know that your child has been invited to take part in a short-term pilot programme, Anchor and Aspire, led by myself, Charlotte Avery-Wright, alongside selected members of staff from South Dartmoor and external specialists who will contribute to specific aspects of the programme.

This six week small-group programme has been designed to support Year 7–9 girls in developing positive relationships, greater self-confidence and the skills needed to navigate some of the social and emotional challenges that can arise during adolescence. The aim is to help students feel more secure in themselves, connected to others and confident in the choices they make both in and out of school.

Across the six sessions, students will explore themes including:

- Positive communication and friendships
- Managing conflict and peer pressure
- Making safe and informed choices
- Personal safety awareness and self-defence
- Reflection, resilience and personal growth

The programme has been carefully planned with input from Heads of Year, who have identified students they feel would benefit positively from the opportunity. Sessions will take place once a week during lesson time in a supportive and structured environment.

We are very much looking forward to working with the students involved and hope this programme provides a valuable and empowering experience for them.

If you have any questions or would like any further information, please do not hesitate to contact me at cavery-wright@southdartmoor.devon.sch.uk.

Kind regards,

Charlotte Avery-Wright

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