



Children's Centre Manager: Pippa West

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To Whom it May Concern

RE: Sarah Guilfoyle – Beaus & Belles Music & Movement Group

Sarah Guilfoyle, a local mum with 3 young boys, has been a Children's Centre Advisory Board member for almost 2 years and a parent volunteer for over 1 year. In May 2011, Sarah began to offer her already established Beaus and Belles Group at the Children's Centre on Monday mornings. Due to its popularity with children and their parents/carers, Sarah now runs two of these 45 minute bustling and vibrant music and movement sessions each week.

Sarah studied towards a Performance Diploma from the City of Leeds College of Music. She is a reflective practitioner, who constantly evaluates her group and considers ways to improve families' experiences. She has been keen from the outset to establish clear outcomes for children and families who attend this group. Sarah discusses any concerns she may have with Centre staff, and adapts her sessions to meet the needs of the families attending. She is able to engage families on a parent level, whilst also remaining professional and enthusiastic to support these families in a professional capacity.

Sarah's music group encompasses the Revised EYFS (2012) prime areas of learning, with the main aims of the group supporting young children to develop essential skills to enable their development, also providing parents/carers with new skills to be able to continue this support in the home environment:

Fun musical rhythm, rhyme and repetition exercises and activities encourage and enhance children's early language development, communication skills and concentration & listening skills;

Personal, social and emotional development is nurtured via encouragement of sharing and expressing feelings and emotional expression within the group session. Parent-child interaction can also result in enhanced rapport and bonding;

Young children's physical development (hand-eye coordination, balance, spatial awareness, gross motor skills and special awareness) is supported by the music and movement activities offered by the group.

Through a semi-structures environment the Beaus and Belles music session encourages boys and girls to practice listening & concentration skills and to follow instructions. The development of these important life skills can also support a young child to be more prepared for formal early education and school.

With her young family growing up and all in early education, I understand that Sarah has now formally established her business status and is keen to expand her Beaus and Belles group. Sarah has an enhanced CRB disclosure, and I have no doubt that she will be successful in this venture.

Yours faithfully

A handwritten signature in black ink that reads "P. West". The signature is written in a cursive, slightly slanted style.

Pippa West
Sopwell & Verulam Children's Centre Manager