

A Parental Flyer about...

Academic Resilience



At Homefield we are promoting Academic Resilience to enable all our pupils to deal with the daily challenges and setbacks they, as young people, may be confronted with. This is our next phase of the Growth Mindset approach, which the school has already embraced so rapidly.

Building resilience and perseverance involves doing a whole bundle of things that do not always have to happen in the classroom. Research shows that supporting pupils to build resilience improves their academic results, as well as their behaviour and mental strength.

Everyone in our school community can contribute to developing resilience within our pupils. This can be as simple as modelling a resilient approach or by encouraging pupils' to tackle challenging scenarios in a more growth mindset and ultimately a more resilient manner.

With the information in this flyer, our hope is that all parents will assist us to develop the resilience of our pupils and mirror what we are teaching and modelling for them at school within the home.

We will be carrying out a number of activities in and out of class to help build resilience over this half-term, so be prepared for your children to be talking about showing stronger resilience, perseverance and courage.

If you require any further information please contact the school or visit the Young Minds website under Academic Resilience.

www.youngminds.org.uk

How to build Resilience in pupils

1. At least one trusted adult, who lets the pupils they 'hold in mind' know that they care.
2. Encouragement to try something new or to persevere with a task, by removing an easier option.
3. Safe spaces - quiet, safe spaces for pupils who wish to retreat from 'busy' school life.
4. Making sure pupils actually access activities, hobbies and sports.
5. Help to map out a sense of future (hope and aspirations) and developing life skills.
6. Help to develop and practice problem-solving approaches at every opportunity.
7. Help for pupils to calm down and manage their feelings.
8. Support to help others e.g. volunteering, peer mentoring.
9. Opportunities for all staff, pupils and parents to learn about resilience.
10. The whole school community treats each other with care and respect, modelling the behaviour they expect from pupils.