



February 2023 Newsletter: ideas to help with resilience

Focus: Building your child's resilience

Children thrive on routine, predictability and boundaries - when they lose these factors in the long-term, and the reasons why can often be unavoidable, it can be a difficult time for parent and child. However, as parents, there are ways to help them not only cope, but prosper during these times. The key to managing this is in helping them develop their resilience. Here are five ways to do this...

1. Help them manage uncertainty

Parents can help their children feel safe and secure during uncertain times by helping them recognise that life is actually less certain than they think – but this is okay. In fact, it can be exciting not knowing exactly what will happen – surprises can sometimes be nice! Remind them of times when unexpected events in their lives turned out to be great.

2. How to cope with set-backs

Not all unexpected events are good of course, and building resilience is about helping children cope with disappointment and things going wrong. Encourage your kids to talk about feelings and emotions so that they can recognise and label the feelings of disappointment and frustration that are normal reactions to set-backs. Help them to name these feelings when they notice them.

3. Embrace mistakes

Resilient children are less afraid of making mistakes and more prepared to take risks – because they can cope with having got it wrong. Explain how we don't always know the answers or the right way to behave, but we can make the best choices we can – and accept if we get it wrong. This means showing them that mistakes are great ways to learn and are part of what makes us human. Remove 'I should have...' from your vocabulary and change to 'I could have...'.

4. Empower your kids

Resilient children are able to make age-appropriate decisions about the things that affect them. When parents make choices for their child and are over-involved in their lives, children learn that they can't trust themselves and grow up believing that others always know better. Part of being resilient is learning to become independent and to trust in our own abilities – whilst asking for help where appropriate.

5. Challenge their beliefs

Finally, resilient children develop helpful, rather than unhelpful, ways of thinking. Examples of unhelpful thinking styles include catastrophising (assuming the very worst will happen), black and white thinking (seeing things only as either good or bad), ignoring the positives (dismissing when good things happen and only focusing on when bad things happen), fortune-telling (assuming they know what is going to happen) and over-generalisation (assuming that because something happened once, it will always be that way).

Please contact school if you have any requests for a future focus of the month in this newsletter. We would welcome any ideas for improvement!

Diary Dates renewed – details to follow

Wed 1 Feb	Strike Action Day Robin Class on site only
Years 5/6 athletics final – now postponed	
Fri 3 Feb	Y4 Active Learning Event
Fri 10 Feb	Close for half-term at 3.15pm
Mon 20 Feb	Children return
Tues 21 Feb	Year 6 Get Glowing Event
Mon 27 Feb	Big Booky Breakfast Week 1
Wed 1 Mar	Cross Country Y3 – Y6
Thurs 2 Mar	Y1 / 2 Indoor Cricket Event
Fri 3 Mar	World Book Day
Mon 6 Mar	Big Booky Breakfast Week 2
Wed 8 Mar	#LetGirlsPlay Football Event
Fri 10 Mar	Y3 Active Learning Event
Mon 13 Mar	SCHOOL CLOSED FOR ONE TRAINING DAY
Tues 14 Mar	Children return
Wed 15 Mar	Possible strike action day
Thurs 16 Mar	Possible strike action day
Year 3/4 Tag Rugby Megafest now postponed	
Fri 17 Mar	Red Nose Day
Tues 21 Mar	Parents Appointments 3.30 – 5.30pm
Wed 22 Mar	Year 5 / 6 Tag Rugby Megafest Parents Appointments 3.30 – 5.30pm
Fri 24 Mar	Intra-sports Event at Enfield
Wed 29 Mar	Gradeley Football Cup
Fri 31 st Mar	Close for Easter 2.15pm
Mon 17 April	Children return to school

Summer Term Dates

Mon 1 st May	BANK HOLIDAY
Mon 8 th May	CORONATION DAY OFF
Tues 9 th May	Year 6 SATs week starts
Fri 26 May	Close for Half-Term 3.15pm
Mon 5 June	Staff Training Day
Tues 6 June	Children return
Wed 26 July	Close for summer at 2.15pm