



# Boldmere Values Newsletter



This half term's value is **Resilience**.

June 2023

## Definition:

When we face challenges positively.

## What does resilience look like?

### People who are resilient:

- Bounce back from disappointment.
- Carry on against the odds.
- Put on a brave face.

### People who are resilient realise:

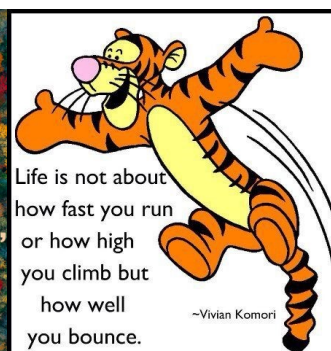
- You should focus on the future.
- Having a positive attitude helps you succeed.
- Not giving up helps you to feel proud of your achievements and yourself.

### People show resilience by:

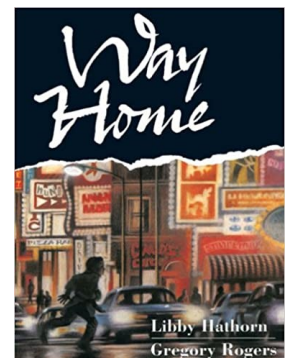
- Believing in themselves.
- Having a positive attitude.
- Persevering even when things get tough.

## Related words or phrases:

- |                            |               |
|----------------------------|---------------|
| flexibility                | determination |
| perseverance               | brave         |
| staying calm               | courage       |
| keeping going              | optimistic    |
| positive mind set          | adaptability  |
| bouncing back              | take a breath |
| learning from our mistakes |               |



## Books about resilience:



## At school:

We started this half term with a whole school assembly to launch our value **resilience**. We thought about what resilience means and when we may need to resilient in school.

**At home:** Encourage one another to be resilient: discuss the benefits of not giving up and persevering, trying new things and keeping a positive mind set. Find out about success stories of people who failed or face challenges but never gave up- Mo Farah, Lionel Messi, J.K Rowling, Beyonce, Ellie Simmonds and Claire Lomas.

