



The Resilient Rangers News

Issue 1 November 2018

When The Going Gets Tough the Tough Get Resilient

Resilient Ideas for November

- Eat healthy
- Have Hobbies
- Have a laugh
- Be Brave
- Get enough Sleep
- Spend Time with Good People
- Organise yourself
- Lean on others
- Focus on Good Things
- Be Kind

What We Do

We want to spread the **Resilient** message across school. Being resilient helps you get through tough times. You can have tough times at home or at school and they can be **BIG** or **little**.

When We Meet

We meet up every 2 weeks with Mrs Tiribocchi. Also sometimes we meet with Mrs Galloway and Nathan and Josh from Headstart.

'How I coped at a tough time'

My Nan died on her birthday , it was very sad . I coped by talking to people and staying positive. I like talking about happy memories .
Y6 pupil.

What We Have Done So Far

We have made an action plan on how to be a resilient school.

We have been presented with our badges in assembly.

We have made lunch play more fun by having play leaders.

We have devised a monthly newsletter.

We have Rangers around at play times to help solve problems (fall outs with friends, feeling lonely or sad).

BElieve in **Yo**Urself

DID YOU KNOW.....

If you are upset sit on a Buddy Bench and someone will come and talk to you.

If you have a problem , write it down and post it in the school's letter box.

Let us know what you think of our newsletter !



On Thursday we attended an Anti Bullying Conference at a big hotel in Blackpool. There were 300 children from different schools and lots of guest presenters.

First of all there was a Question and Answer Session. On the panel there were people from Instagram, Trutex, Blackpool Safeguarding, Diana Award, an actor and a Policeman.

After that there were different workshops that we went to. There was a choice of drama, rap, film, my true selfie, dance and street art. We did a rap poem and drama. The workshops showed all the different ways that schools can get the anti-bullying message across.

The theme of the day was Choose Respect; let people be themselves, even if it's different to everyone else.

This video shows the work of Anti Bullying Ambassadors in a different school

[Anti Bullying Ambassadors](#)

If you feel you are being bullied online or off line you must **TELL SOMEONE.**

We are going to be coming into classrooms and assemblies to talk about this and also we are setting up a lunch club.

For more information you could visit this website;

<https://www.antibullyingpro.com/anti-bullying-week-2018/>

or Twitter **#StandUpTo Bullying**

We had a great day and it was nice to get to know children from other Primary Schools.

Resilient Rangers