

School values and how to help your child build resilience.

PARENT WORKSHOP

WEDNESDAY 14TH FEBRUARY 2018

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British values

In November 2014, the DFE published guidance on promoting British values in schools to ensure young people leave school prepared for life in modern Britain.

As a school, we have a duty to actively **promote** the fundamental British values of democracy, the rule of law, individual liberty and mutual respect for different faiths.

Farmilo's values are linked to British values with a view of giving children life skills for their later life.

School values

Our school vision
'Imagine and believe, inspire and achieve...'

At Farmilo, we have 11 important values. Every month we have a different focus

Democracy

The right to choose, have a voice and respect the voice of others.

Friendship

Showing loyalty, cooperating and being trustworthy.

Resilience

Even when things get tough – never giving up!

Appreciation

Showing thanks, being grateful for what you have!

Positivity

Believing in your dreams.

Honesty

Telling the truth and trusting others. Be true to you!

Reflectiveness

Looking back at our achievements and thinking about solutions.

Kindness

Caring and sharing, helping others.

Responsibility

Being fair to all in what you do and taking care of others.

Celebrate difference

Knowing we are all unique and celebrating everyone else.

Politeness

Treating others with goodwill and respect.

Resilience



What is resilience?

‘Resilience is not never falling down, it’s about getting back up!’

Resilience is how well a person can adapt to difficult events in their life.

Everybody has resilience.

When life’s demands outweigh a child’s capacity to cope – behaviour issues may arise.



Why is it important to build resilience?

It isn't about clearing adversity out of their way.

If we could scoop them over things that cause difficulty it would be wonderful, but it isn't doing them any favours.

Dealing with the right amount of stress as a child, will help them to develop life skills to flourish as an adult.

Resilience is about helping them build skills to deal with troubles along the road.



Building resilience in school...



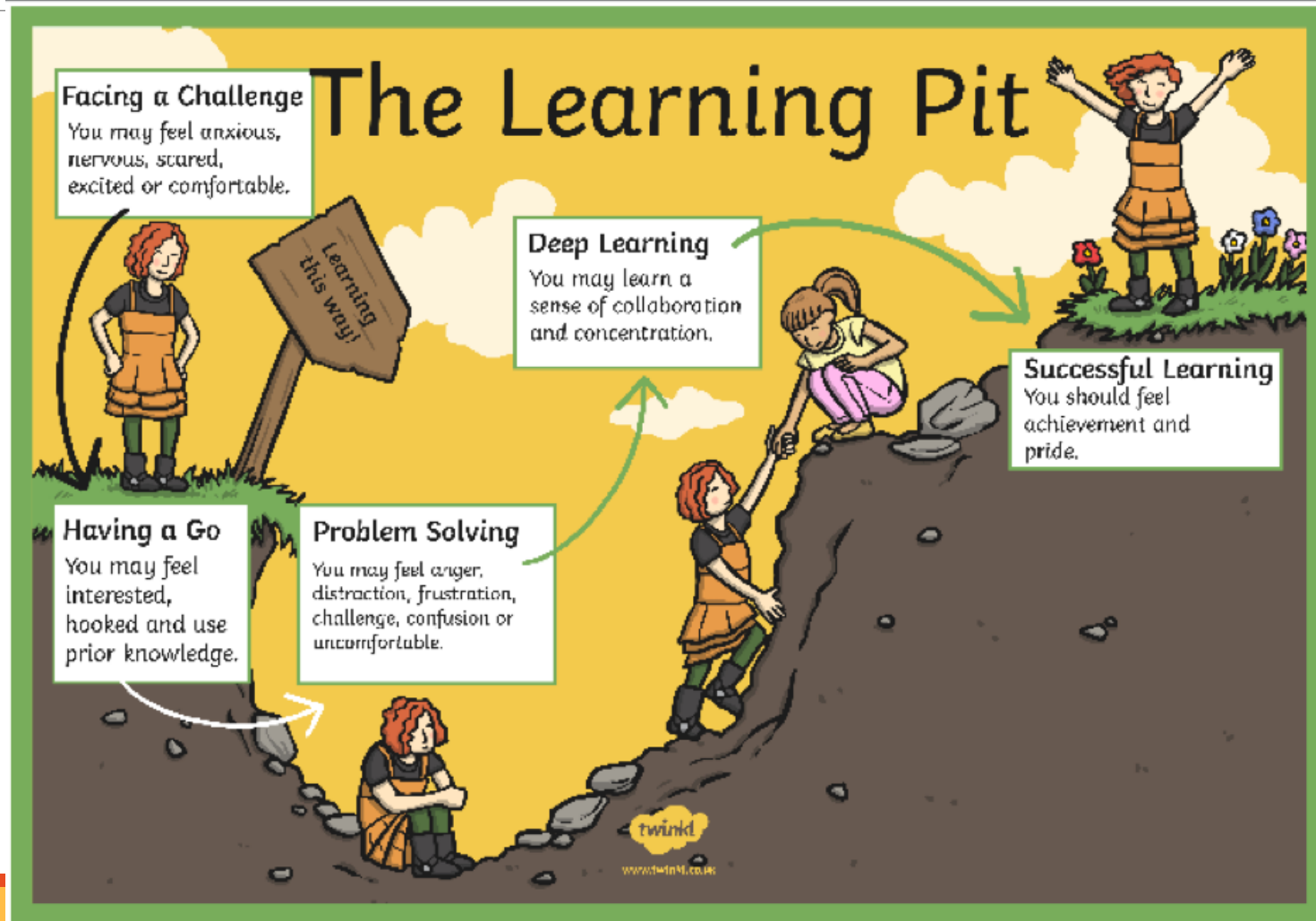
Zones of learning

Comfort: stable but unchallenged.

Learning zone: stretched, challenged, risk taking.

Panic: when children use their resilience skills!

Building resilience in school...



Ways to help your child build resilience

❑ **Give children a sense of mastery** – you can do it!

❑ **Model optimism** –Reframe their ideas positively

“I know it’s raining today but what fun things can we do on a rainy day that we can’t when it’s sunny?” – turn negativity into positivity

❑ **Model resilience** – when things aren’t going your way, children will watch.

How do you deal with disappointment?

Help them to see your sadness, “stuckness” – let them see it’s a normal feeling.

❑ **Encourage risk** - courage is more important than outcome.

❑ **But don't rush to rescue when things don't work out!**

‘The space between falling and standing up is when they learn to find their feet...’

❑ ***Build up a problem solving tool box*** – use positive language to help them reflect on the problem without solving it for them.

“What would do?”

“What’s working before?”

“How can we break this problem into little chunks?”



Thank you joining me this afternoon.

This PowerPoint will be available on the Farmilo
Primary Website.