

Resilience and our Children

Mulbuie Primary School

September 2015

It's not possible to protect our children from all the ups and downs of life. No two children are alike – all our backgrounds and families are different, and all children bring a very diverse set of experiences and abilities that are unique to each as an individual.

Childhood is a stage where children learn to communicate and interact with others, recognise and evaluate differences and manage conflict. Raising resilient children has to be our aim, providing them with the tools they need to respond to the challenges of adolescence and young adulthood and to navigate successfully in adulthood. Despite our best efforts, we cannot prevent adversity and daily stress; but we can learn to be more resilient by changing how we think about differences, challenges and adversities.

In today's environment, children and teens need to develop strengths, acquire skills to cope, recover from hardships, and be prepared for future challenges. They need to be resilient in order to succeed in life. Supporting children in this is a job for both families and schools together



OUR CHILDREN ARE ALL VERY DIFFERENT.



Building Resilience at Mulbuie Primary

To build resilience, we believe children need opportunity to:

- develop and hold positive views of themselves and their abilities
- make realistic plans and stick to them
- learn emotional literacy and develop emotional intelligence to manage emotions effectively, both their own and those of others
- view themselves as active and in control of their choices rather than as victims
- engage with an element of competition
- learn to cope with disappointment
- develop an internal locus of control

At Mulbuie, we have systems and programmes embedded in practice to support our children in developing these attributes.

We set and work on a weekly whole school social skill



Every class engages in Circle Time regularly

Every child has engaged with the Resilient Kids programme at least once by P5.



Proactive

Daily check-ins give children the opportunity to talk about break times in a supported environment



These include opportunities for challenge within a supportive environment and a range of opportunities for pupils to find strengths and develop confidence and a positive self-image.



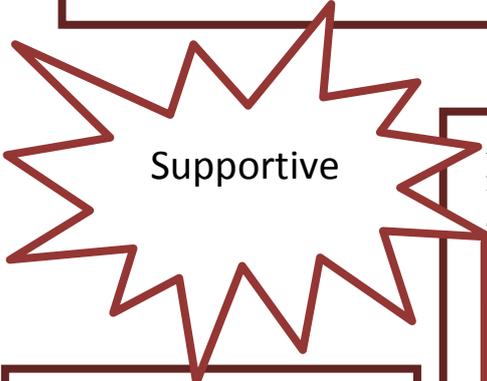
Leadership opportunities such as pupil council, SNAG helpers, House captains develop decision making skills and abilities in working with others.



Activities like the Inverness Music Festival and school pantomime introduce the idea of competition and develop confidence as children sing on the big stage!



They also develop other skills and talents in pupils and help them stick at things to achieve success.



A Buddy System is used to help children form and maintain positive relationships, and learn from interacting with each other.



P1 and P7 buddies work together regularly.

Challenging children to do new things develops perseverance, confidence and resilience.



There is a quiet activity area in playground supervised by a PSA



Restorative approaches and conversations are used to support children in understanding and resolving conflict, talking with them about problems, what has gone wrong and what they can do to rebuild the relationship. It supports children in accepting responsibility as well as recognising and understanding others' points of view.



Future Plans

Raise awareness of the Highland Education Positive Relationship and Bullying preventing Toolkit and how we respond when bullying is reported to us.

Reviewing the Anti-Bullying policy working with parents and the wider community to define and agree our understanding of bullying

Explore the Bounceback materials

Train our older pupils as Peer Mediators

Develop pupils' empathy in the wider world through assembly themes and weekly Citizenship Groups at Golden Time.

Trial a Head Boy/Girl scheme for older pupils.

Please get in touch if you think you can help in any way with our future plans.

Developing Resilience Together

Resilience helps your child bounce back

Celebrate with your child - it's OK to be different

Life isn't fair. Teach your child how to accept that and adapt

Resilience needs to be TAUGHT to children

There is a balance between the desire to protect our children and mistakenly giving the message that we don't think them competent to handle things

Children need opportunities to find things they are good at as well as to try new things