

# Brundall Primary School



## Resilience Newsletter *April 2024*

### HOS NEWS

Welcome back to school after our lovely extended Easter break. It has been so great to see the children return to school and I have been really impressed with their confidence and enthusiasm. Thank you too as it is so lovely to see children dressed smartly in their school uniform – it really demonstrates the feeling of community that is felt in our school.

The summer term is looking super busy already with a number of events happening including our Healthy Body and Healthy Mind week. We have included a list of events with dates or approximate dates, but of course these could change and we will inform you if there are any alterations. It is also a term for assessments including KS2 SATs and the Multiplication Check for our Year 4 children, so we have included some of these dates as well. If you have any questions about any of the assessments please speak to your child's class teacher or phase leader.

Thank you to all the parents who attended parents' evening. The feedback from these meetings has been very positive. Families have said that they enjoyed the opportunity to look at their child's work and really develop an understanding of expected levels of attainment for them. We have lots of information and top tips on our website as to how you can support your child. We are also hoping to run a number of workshops this term.

Also, I wanted to say thank you for all the positive emails and personal comments we received last half term. It really does make a big difference to know that your child talks with enthusiasm about school. The Year 3/4 play was just wonderful, and this is due to the dedication of our lovely teachers, but it was great that so many of you took the time to say thank you. This makes me feel so proud to be the Head of School of such a wonderful school. The Year 3/4 team, including the children, wrote it and it was a joy to watch. This year we will hold our annual singalong which will showcase our musical talents across the school – it brings our whole school community together. As we have limited space inside, this will be held outside.





**Be Resilient** is our new value now added to our other 3 which are Be Safe, Be Kind and Be Honest. Resilience is a valuable trait that can greatly benefit our children as they navigate through various challenges and experiences. We want to create a culture where our children take risks and realise that they learn from their mistakes. This will support their learning and is also a wonderful life skill to master. We have been talking about being resilient a great deal in school, so I thought it was important to share that message with you all as well.

### **So, what exactly is resilience?**

Resilience can be described as the ability to bounce back from setbacks, adapt to change, and persevere in the face of adversity or when things get difficult. It's the inner strength that helps children overcome obstacles, learn from failures, and grow stronger through challenges.

As a whole school community, we all play a crucial role in nurturing resilience in children. Here are some strategies we employ at school that you may wish to try at home to support your child's resilience:

1. **Encourage a Growth Mindset:** Teach your child that mistakes are opportunities for learning and growth. Emphasise the power of "yet" - for example, "I haven't mastered this skill yet, but I'm working on it." This mindset shift helps children see challenges as temporary and surmountable.
2. **Foster Problem-Solving Skills:** Encourage your child to find solutions to problems they encounter. Instead of providing answers, ask guiding questions that prompt critical thinking and creativity. This empowers children to develop their problem-solving abilities and build confidence in their capabilities.
3. **Promote Emotional Regulation:** Help your child identify and express their emotions in healthy ways. Teach them coping strategies such as deep breathing, taking a break, or talking to a trusted adult when they feel overwhelmed. By learning to manage their emotions, children become better equipped to handle stressful situations.
4. **Celebrate Effort and Persistence:** Praise your child's effort and perseverance, rather than focusing solely on outcomes. Acknowledge their hard work, determination, and resilience in the face of challenges. This reinforces the importance of resilience as a key factor in success.
5. **Lead by Example:** Children learn by observing the behaviour of adults around them. Model resilience in your own actions by demonstrating perseverance, optimism, and a positive attitude towards setbacks. Show them that it's okay to experience failure and setbacks, as long as they keep trying and learning from their experiences.

By instilling resilience in children from a young age, we equip them with the tools they need to thrive in an ever-changing world and to learn from their own mistakes to support their learning and skill development. Let us work together to create children who embrace challenges, learn from failures, and emerge stronger and more resilient individuals.

*The ability to emerge from challenges even stronger*

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We are proud to share with you an incredible feat of determination, resilience, and compassion demonstrated by one of our own - Mrs. York-Smith.

Mrs. York-Smith took on the challenge of the Manchester Marathon, not just as a personal endeavor, but as a means to make a difference in the lives of those affected by Motor Neurone Disease (MND). With every stride, she pushed boundaries and raised awareness for this important cause.

Completing a marathon is no small feat, and her accomplishment is truly commendable. She crossed the finish line after 4 hours and 51 minutes.

Motor Neurone Disease is a condition that affects thousands of individuals and families worldwide, causing progressive damage to the nervous system and severely impacting daily life. Mrs. York-Smith's decision to run in support of MND not only raises funds but also spreads hope and solidarity to those affected by this challenging condition.



### Community shout out

Two of our amazing pupils had the incredible opportunity to participate in the Blackpool finals for ballroom and Latin dancing. What a fabulous achievement!



# Important Dates

DATE	EVENT
10.5.24	EMPOWERING READING WORKSHOP YEARS 2-6 9.00AM - 9.30AM
20.5.24 -24.5.24	HEALTHY BODY HEALTHY MIND WEEK
21.5.24	RICHARD POTTER INVICTUS GAMES VISITING
22.5.24	RECEPTION SPORTS DAY AM
23.5.24	YEAR 1/2 SPORTS DAY AM
23.5.24	YEAR 3/4 SPORTS DAY PM
24.5.24	YEAR 5/6 SPORTS DAY AM
13.5.24 -16.5.24	SATS YEAR 6
10.6.24 - 14.6.24	PHONICS CHECK
3.6.24 - 14.6.24	MULTIPLICATION TIMES TABLE CHECK YEAR 4
19.6.24	MUSIC ASSEMBLY FOR ANNELY'S PIANO/KEYBOARD STUDENTS 2.45PM-3.15PM
27.6.24	NORFOLK SHOW YEAR 5/6
9.7.24	WHOLE SCHOOL SING-A-LONG PM
10.7.24	CRUCIAL CREW YEAR 6
17.7.24	YEAR 6 LEAVERS ASSEMBLY AM
19.7.24	END OF TERM



# RESILIENCE IS:

Never giving up even  
when things get tough.

Trying even if you're not  
sure you'll succeed.

