Wellbeing Newsletter

November 2026

Resilience

Resilience is the invaluable life skill that helps children navigate setbacks, solve problems independently, and understand that difficult emotions do not last forever. Resilience is like an emotional bounce-back muscle. When children overcome small day-to-day challenges, they build the confidence to handle bigger obstacles in the future.

Resilient children are more likely to:

- **Try again** when things do not go perfectly the first time.
- **Navigate difficult emotions** like disappointment, anxiety, or frustration, knowing they will be okay.
- **Develop problem-solving skills** rather than avoiding issues or reacting with aggression.
- **Maintain better long-term** physical and mental health

How we support children to build resilience & positive mental health in school?

We weave emotional regulation and coping strategies directly into school life using a variety of specialized support systems.

Our well-being space where children can meet with Mrs Hazell to work through friendship changes, self-image, or coping with transition.

Worry Boxes: A system letting any child request dedicated time to chat through a concern with Mrs Hazell.

Targeted Interventions: Group sessions or 1-1 support with Millie our Mentor dog to help pupils build skills such as Resilience, self-esteem,

Ways to Build Resilience at Home

Strong Connections - The absolute foundation of a child's resilience is their relationship with parents and close caregivers. Knowing they are loved, safe, and secure gives them the solid base they need to explore the world and recover from failure.

Step Back and Let Them Problem-Solve It is natural to want to fix everything, but giving children age-appropriate opportunities to solve their own dilemmas—like resolving a minor play dispute or managing a tricky homework task—boosts their resourcefulness

Normalize "Uncomfortable" Feelings Remind your child that feeling sad, angry, or frustrated is completely normal. Teach them to spot the physical warning signs of big emotions like a racing heart, tense muscles, or clenched fists and use deep breathing or Relax Kids relaxation techniques to calm down.