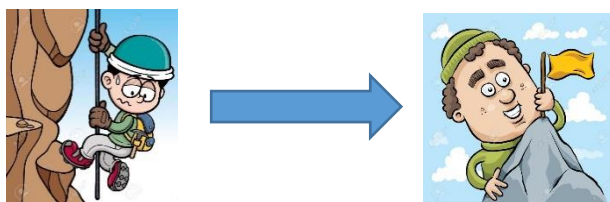


## Resilience – Taking responsibility for our learning at THS.

### Spring 2017 Newsletter



This academic year we are continuing with our focus on resilience and students are becoming accustomed to the 'growth mindset' attitude to learning. With a 'growth mindset' students recognise that intelligence is not fixed; in fact intelligence can be developed and sound progress can be made when the student challenges themselves, perseveres when they find something tough and accepts the fact that 'struggling' is a positive and necessary stage of effective learning. This newsletter outlines some examples of what we have been doing to encourage resilience so far this year, as well as some examples of how you can help to sustain this important initiative at home.

#### Tutor time activities

Since the Autumn term, all tutor groups in KS3 and 4 have been given the opportunity to reflect on their attitudes to learning and resilience once a fortnight in tutor times. Here are some of the areas we have discussed:

- **Study strengths** – identifying our positive traits that lend themselves to effective learning. Discussing which traits will help us in becoming more responsible, resilient learners.



- **Setting goals** – understanding the difference between long-term goals, shorter-term objectives and strategies to ensure we achieve them.



- **Managing your time** – analysing how we use our time on a day to day basis and identifying how we could manage our time more effectively.



#### Staff professional development session

In January, all THS staff took part in a professional development session aimed at embedding resilience and growth mindset into our teaching. In this session, staff were given challenging problems to solve and were then asked to reflect on how they tackled the problems, how they felt when they found something difficult and how they overcame the challenges. The overall message that everybody left the session with was that pupils should be encouraged to make mistakes as an essential part of the learning process, reminded to use their brain, a book or a peer before asking an adult in the room. The process of learning should be as celebrated as the end result.

## **'Learning to Learn Day'**

As part of our drive at THS to encourage our pupils to become resourceful, resilient learners, the whole school took part in our 'Learning to Learn Day' where everybody was given the opportunity to focus on how they learn, rather than what they learn. In every lesson, pupils focused on the process of learning as opposed to the outcome, and celebrated the mistakes made as a vital part of the learning process. The feedback from pupils and staff was positive and, alongside our resilience tutor time activities, the day has aided pupils in improving their ability to take ownership of their learning. Here are some photos of the sessions that took place.



### **How can you help at home?**

There are many ways in which you can encourage perseverance and embracing 'struggling' at home. Here are a few suggestions:

- Demonstrate/model sticking at things even when they are challenging
- Talk about how you feel when taking on challenges
- Praise your child when they persevere at something they find tough
- Talk to them about how to concentrate and manage distractions

### **Parent forum**

At our parent forum on 14<sup>th</sup> March, Mr Hyett delivered a session on resilience at THS for parents. In this session, he outlined what we are already doing at school and how parents can encourage resilience at home. The presentation and handout for this session are now on the 'Resilience' tab under 'Curriculum' on the THS website.

If you have any queries about resilience at THS, please contact Mrs Freeman at [n\\_freeman@taverhamhigh.norfolk.sch.uk](mailto:n_freeman@taverhamhigh.norfolk.sch.uk).