

# Resilience – Taking responsibility for our learning at THS.

## Spring 2018 Newsletter



Welcome to the Spring 2018 THS resilience newsletter. This academic year we are striving to use our knowledge and feedback from last year's resilience focus to inform our next steps, and are committed to maintaining the momentum of the work we are doing with pupils to encourage resilience in their learning. In this newsletter we will be updating you on the development of our tutor time programme for KS3 and 4, the results of our pupil survey and the success of our 'Learning to Learn Day' last term.

### Tutor time activities

Last year we devised a series of tutor time activities designed to encourage pupils to consider taking ownership of their learning. Feedback was largely positive but we wanted to develop the activities to link in with the Young Minds Resilience Framework (<https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/>) and to include topics that would help pupils outside of school. Some of the activities include:

- **Managing your money** Understanding the limitations of a budget and solving a budgeting problem.



- **Setting positive goals** – Setting a challenge that will give them a positive experience and reward.



- **Mind mapping** – Practising a different way of absorbing information.



The full set of activities for years 7-11 can be found on the school website under 'Curriculum'.

### Pupil survey.

In September, all pupils in years 7-11 completed a brief online survey about resilience and the results were very interesting. The purpose of the survey was to inform us as to how well pupils were responding to the work on resilience and to identify any areas on which to focus. Here is a summary of the results:

😊	☹️
<ul style="list-style-type: none"><li>• 95% say that they fully or partially understand what we mean by 'resilience.'</li></ul>	<ul style="list-style-type: none"><li>• 20% say that if they are stuck in a lesson they will stay quiet and hope that the teacher doesn't notice.</li></ul>
<ul style="list-style-type: none"><li>• 76% say that they cope well with change at school (new class/teacher etc.)</li></ul>	<ul style="list-style-type: none"><li>• 60% admit that they will only put their hand up in a lesson if they are 100% sure they are correct.</li></ul>
<ul style="list-style-type: none"><li>• 85% say that they take responsibility for organising themselves for the school day.</li></ul>	

It was very pleasing to see that so many pupils were so positive about resilience, however it is clear that as a school we need to promote active participation in lessons and a 'have a go' culture. In October Mrs Freeman led a whole-staff training session on promoting active participation and staff are committed to making sure that pupils feel safe to make mistakes and learn from them in the classroom.

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

Another result of the survey finding was the focus of our 2017 'Learning to Learn Day'. The theme of the day was 'Mistakes Welcome Here!' and pupils were encouraged to have a go at answering questions in lessons where they may usually be passive learners. Mrs Freeman and Mr Hyett shared the survey results in assemblies and explained the importance of mistake making in lessons, and the feedback from the day itself was fantastic.



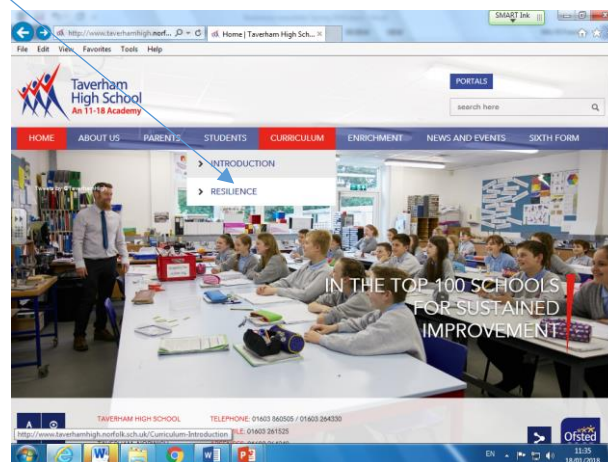
### **How can you help at home?**

There are many ways in which you can encourage learning from mistakes at home. Here are a few suggestions:

- Demonstrate/model making errors and putting them right
- Talk about how you feel when learning from a mistake
- Praise your child when they try something tricky but learn from mistakes along the way
- Encourage them to put their hand up in lessons

### **Resilience resources of the website**

Please check the resilience section of the school website for resources, articles and news clips etc. on the topic of resilience.



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