



READY SET RESILIENCE



YEAR 7

Where there is no struggle,
there is no strength



Mission Statement

We want to foster a culture of independence amongst all students within the academy, who are willing to make mistakes and learn from failure. We need to develop a way for students to recover quickly from the difficulties life may bring. This may involve learning how to cope mentally and physically so that they 'spring back into shape'; having the ability to be happy and successful, after something difficult or bad has happened.

We want to develop ownership for all students over their own learning and behaviour by being organised and responsible for themselves. We would like to ensure students are supported in being accountable for their own progress and achievements. We want to create an environment where students will support each other and share moments of praise openly without fear of judgment. We believe students should be given opportunities to actively problem solve and make their own decisions. We want to ensure that students embrace challenge whilst being prepared for change.

BASICS

I can identify what I am grateful for

I have saved some money

I understand how to be safe when crossing the road

I know how to get a bus into town

I understand what healthy eating means

I have taken part in a group exercise activity

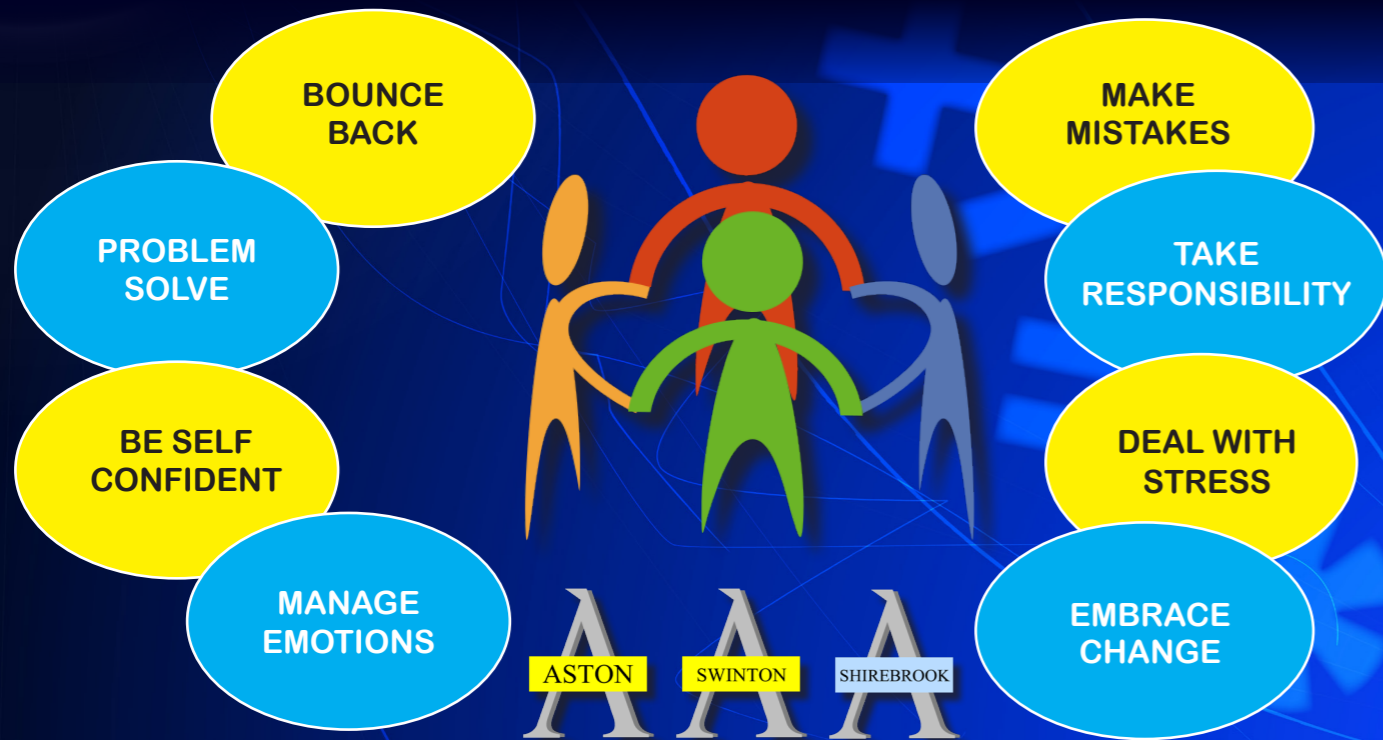
I sleep well and soundly at night

I have taken up a new hobby

I have shown others how to do something

I am OK if others dress differently to me

Resilient students in our Academy are able to...



Where there is no struggle, there is no strength

BASICS

EVIDENCE

BELONGING

I feel like I belong
In school and my
community

I can identify my
favourite place to be..

I have good friends who I
enjoy being with

I can identify a
healthy relationship

I have helped my
academy community

I look after other people

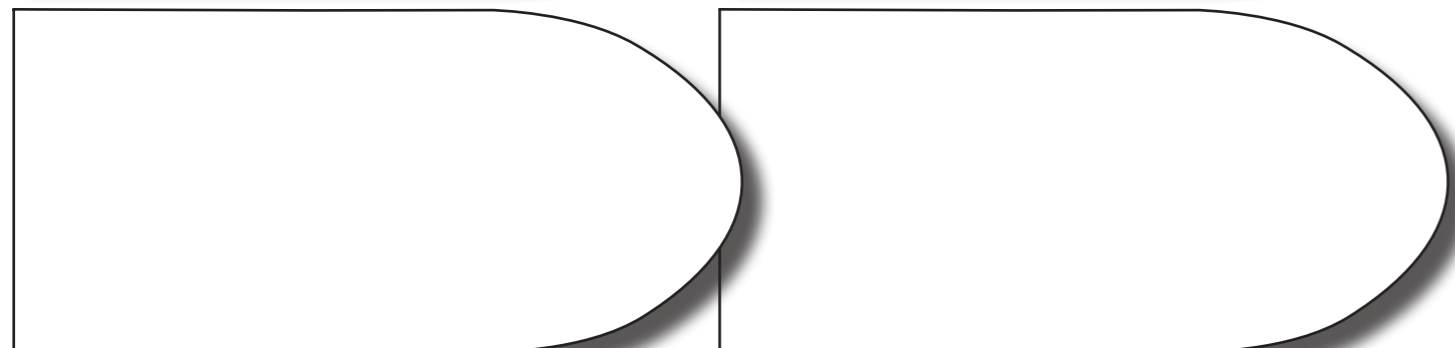
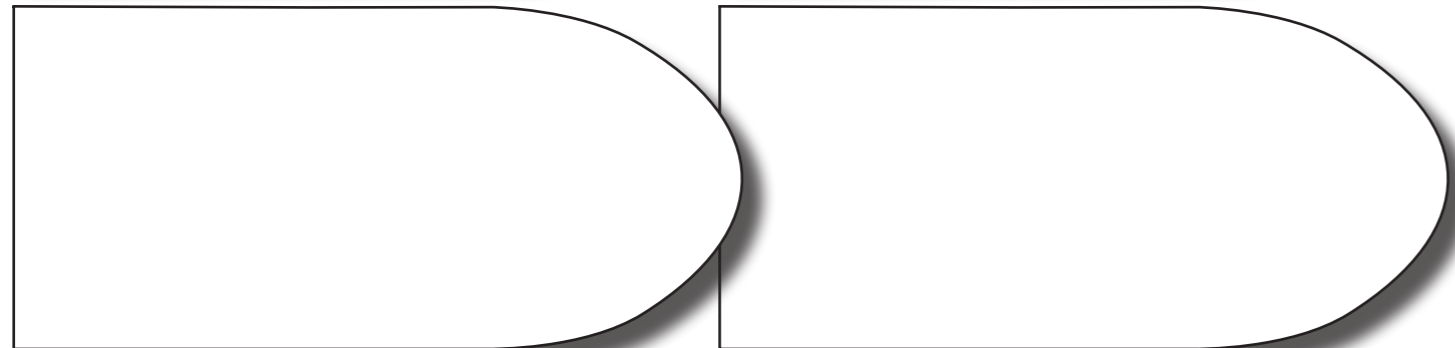
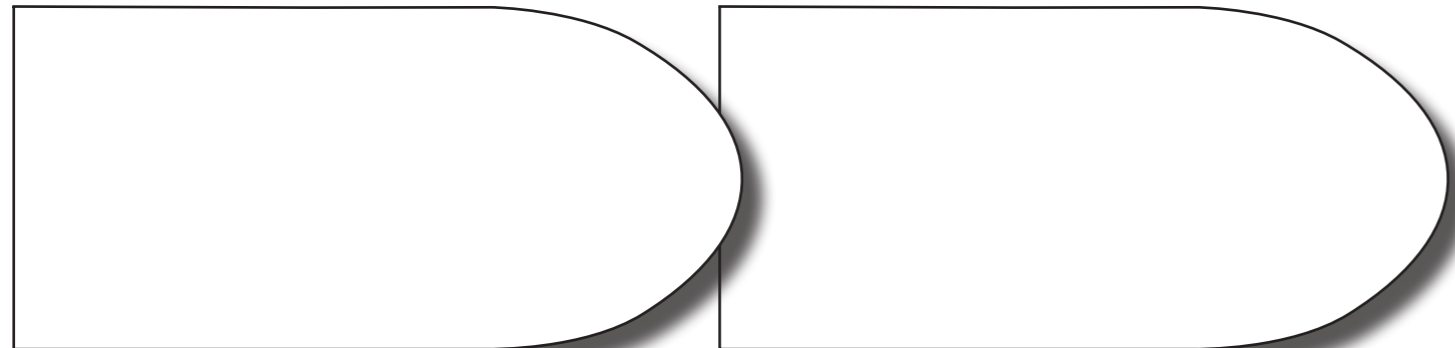
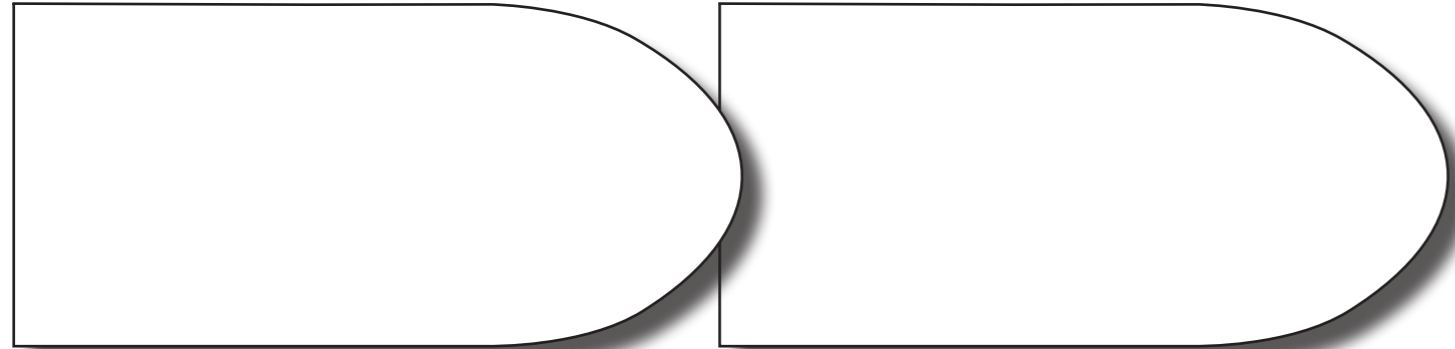
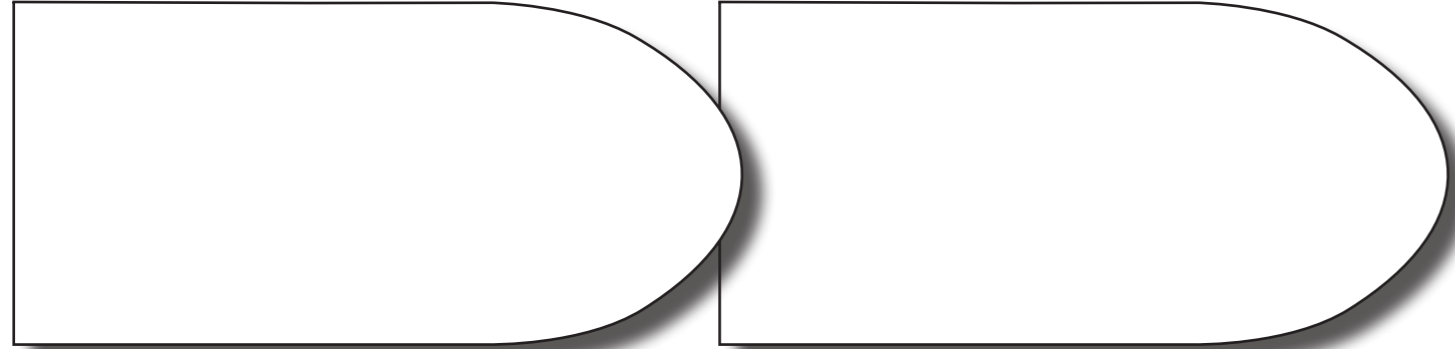
I can identify a good
day / good time

I understand that life
is not always straight
forward

I have made
new friends

I find it easy to mix
with other people

BELONGING EVIDENCE



LEARNING

I complete all my work on time

I have mentored / helped someone else with schoolwork

I have a plan for the future - career

I understand the goals I need to achieve

I can accept failure to improve

I can organise myself

I can present to a small group of people

I accept I deserve praise and can praise others

I have learnt a new skill for life

I can communicate with others

LEARNING

EVIDENCE

COPING

I understand right from wrong

I can show that I am brave

I can problem solve effectively

I can focus on the good things in life

I can find time for my own interests

I can calm myself down and bounce back

I believe tomorrow is another day

I know where to go for help if I need it

I understand how to laugh openly

I can manage my emotions

COPING

EVIDENCE

CORE SELF

I believe in hope for the future

I understand how others might feel in a situation

I know myself well and can manage how I feel

I can take responsibility for myself in school

I can take responsibility for myself at home

I can say what I am good at

I know what makes me anxious and can get help

I can show I am confident

I can accept change

I can show commitment to school

CORE SELF

EVIDENCE