

Parent and Carer Leaflet



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we get stronger and more resilient.'**

Steve Maraboli

Promoting Emotional Health & Well-being

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BUILDING RESILIENCE



Building Resilience

Resilience is a key factor in protecting and promoting good mental health. This whole-school programme aims to look at ten different things that can help support children to develop resilience.

The programme will run over a three-year period. Each theme is introduced with a launch assembly and the key messages are followed up in class activities and at follow up assemblies. A parent and carer information leaflet will be provided for each theme.

How can you help:

Each theme has a 'Talk It Over' section to encourage you to share some of your life's learning with your child.

For further information please contact the school.

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