

ST ANDREW'S CE PRIMARY SCHOOL

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PRIMARY RESILIENCE WORKSHOP

Resilience, Well Being & Growth

Stress, in all its forms, is becoming an increasing problem for children today. We are finding that what was the "domain" of the teenager is now seen more and more at Primary School level. Children are living in an increasingly fast-moving world with higher than ever expectations in school and at home.

To help children become more resilient to these pressures we are holding a day of workshops led by an outside provider. This will complement the work that we already do in school through our PSHCE curriculum and SEAL (Social and Emotional Aspects of Learning). Our children will be helped to understand their own areas of difficulties whilst looking forward in a positive and inspiring way.

The benefits of these workshops are that:

- Children will look at their internal language leading to resilient thought processes i.e. "I can do that" rather than "I can't do that yet."
- Children will learn to identify weak or difficult areas in their life and look to find ways of making positive, confidence-building changes.
- Children will look at well-being and be shown an holistic approach to minimising stress.
- Children will be encouraged to develop a growth mind-set focusing on their desired outcomes.

The workshops will be split into three main areas: resilience, well-being and growth.

Each area will contain fun exercises and information designed to encourage personal awareness and development leading to reduced stress levels and increased resilience.

Our workshops will be held on **Friday, 22nd March**. They will be split into two workshops: one for Year 3 and 4 pupils and the other for Year 5 and 6 pupils.

If you have any further questions regarding this event do not hesitate to contact me.

Yours sincerely

D Marsh
Headteacher

