

Open Mornings

from 9.45am

2020

Wednesday 29th April

Friday 12th June*

Wednesday 23rd September

Wednesday 14th October

Friday 13th November

*geared to Reception entry 4+



St Catherine's Prep, Bramley

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BUILDING RESILIENCE BOTH INSIDE AND OUTSIDE OF THE CLASSROOM

*By Naomi Bartholomew
Prep Headmistress at St Catherine's...*

Young children are naturally curious and resilient. They enjoy watching their Lego tower fall to the ground as toddlers and we have most likely all seen joy and anticipation as they remove the case from a fragile sandcastle not sure if it is going to stand tall or not. As children start school this curiosity and natural ability to learn through failing can start to ebb away. By even six years old children are aware of 'results' and compare their achievements with others.

If we are able to provide safe, fun spaces for children and encourage them to continue to be curious and to learn through failing, their resilience both inside and outside of the classroom is much more likely to be secure. We all experience knocks and challenges in life and many say that they judge others best by how they respond in a crisis. We don't want to go back to times we may have experienced ourselves where failure and humiliation went hand in hand and yet we do need to ensure that we don't remove all challenge and obstacles from children. If we remove risk and challenge the result is that children do not have a sense of having achieved for themselves.

How then can we build resilience and nurture curiosity in primary aged pupils? A very important ingredient is outdoor play and opportunities for children to play across age groups. Extra-curricular activities are also important as these allow children



to develop their own talents and interests which often require different skills from those needed in the classroom. Hobbies require some commitment and a sense of seeing something through to an end result whether that be baking, learning a musical instrument or touch rugby.

As parents and teachers, the following are a useful 'top ten tips' on building resilience both inside and outside of the classroom.

We need to encourage children to:

1. Make connections
2. Help others
3. Maintain a daily routine and see things through
4. Take a break and return with fresh eyes to a problem
5. Ask for help having tried first
6. Move step by step toward goals
7. Take time to celebrate effort
8. Keep things in perspective and maintain a hopeful outlook
9. Look for opportunities for self-discovery and learning through experiment
10. Accept that change is important and part of life

Armed with these guiding principles we are well placed to ensure children in our care are resilient, curious and flexible in their outlook and will be in a strong position to respond to challenge and learn from it.