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PASTORAL NEWS

- NEW YEAR - PASTORAL PEOPLE - BUILDING RESILIENCE -



Happy New Year! We are thrilled to have all the students back on site, refreshed after the Christmas break. Term 2 will be full of challenges and new experiences for the students and the pastoral care team are ready to support the students throughout. We have a new THRIVE@QE timetable that launches this week and as always, we are available to students for support and guidance any time they need.

START THE NEW YEAR ON THE RIGHT FOOT...

A new year is a great opportunity to set goals for ourselves and consider what we would like to achieve. We encourage all students and their families to take a moment and really think about the year ahead and the positive steps they'd like to take to ensure that 2022 is the best it can be, remember; **every accomplishment starts with the decision to try.**



BUILDING RESILIENCE

The world can be a frightening place and as an adult it is natural to want to shield children from fear and uncertainty, but the reality is that it is not possible to protect children from the ups and downs of life. Raising resilient children is essential if they are going to be equipped to respond positively to the challenges of adolescence and young adulthood. As a parent you can help to build their resilience by following these steps:

Building Resilience



Be a Supportive Role Model



Model resilient behaviours. Be calm and consistent. Admit your own mistakes and talk about how you'll get better next time.

Let them make mistakes

Let them see the consequences of their actions. They will learn how to bounce back from their mistakes and do better next time.

Praise The Right Way



Give 'process praise' by focusing on strategies, progress or effort: 'I can tell you've been working hard'

Teach to Manage Emotions

Teach that all emotions are okay. Deal with bad behaviour to set limits. Brainstorm ways to fix the problem and prevent it in the future.



Teach to Problem Solve

Don't rush to solve the problem for them or tell them the solution. Brainstorm solutions to address the challenge.



PASTORAL PEOPLE:

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO INTRODUCE YOU TO MEMBERS OF OUR TEAM:



MISS GIBSON- SENIOR PASTORAL LEADER

How long have you been at QE? Since 2009! Although I did I miss a year in 2013-14.

Why is QE Special to you? The people – both staff and students

Best part of your QE day? When something good happens/goes well/good news from a student perhaps about a university interview or a driving test passed.

Fiction or non-fiction? What are you reading at the moment? Fiction - just about to start a Jeffrey Archer.

What's the most common piece of advise you give out? It's simple advice: 'this really is the most important time of your life – get this right and the world is your oyster!'

MR HORTON - PASTORAL CO-ORDINATOR AND DDSL

How long have you been at QE? This is my 7th teaching year. Golden eagle here I come!

Why is QE Special to you? The varied mix of children is like no other. We're really lucky to have such a varied set of pupils from all types of backgrounds.

Which subject do you teach? Maths and English.

Best part of your QE day? Seeing my keyworker pupils and finding out how they're progressing. Oh and that morning coffee is great too 😊

Fiction or non-fiction? What are you reading at the moment? Fiction usually. However, I'm reading an amazing book called 'The Little Big Things' an inspirational memoir by Henry Fraser who was left paralysed after a holiday in Portugal.

What's the most common piece of advise you give out? I'm a big fan of a plan. Let's set a goal and work towards it. Small steps with consistent steps forward and you can achieve anything.



If you feel that your child might be struggling, please feel free to contact us and we will help wherever possible: pastoral@qe.org