



Portway Junior School

Aim High, Do Your Best & Never Stop Learning

Dear parents and carers,

We have been researching how to best support children's resilience. The research base has shown us a few ways we can all support the children through simple strategies. These can be implemented both at school and at home.

Here at Portway Junior School we believe that one of the best ways we can support the children is by building **resilience** so that they can learn to support themselves.

We understand that life can be erratic at times – plans can change and often without warning. Last minute changes can be unsettling and cause stress and uncertainty.

This is why we would like to ask you to join us in building your child's resilience in order that they can cope with these little things that life throws at them. In school we are challenging their mindset through small acts such as equipping them with the tools they need to succeed on their own. You would not believe how many times we get asked if it is ok to start a new page in their English book or what to do when they can't find a pencil in maths! We are aiming to start pushing back the responsibility for these things, and many more besides, onto the children on many opportunities as they arise and when we feel the children are ready to.

We would welcome you to join us on this mission by helping your child become responsible for school-related things at home: organising their own swimming kit, getting their PE kit ready the night before or helping to prepare their packed-lunch. Look out for our weekly challenges on the end of week round up and encourage your child(ren) to take up the challenge.

I hope you will join us on this journey.
Mr Etchells, Mrs Abbott & Team Portway.



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