



*Together We Are Safe, Together We Are Respectful, Together We Achieve*

## **Wellbeing Wednesday #14**

*Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.*

**Over the next four weeks the Wellbeing Wednesday Newsletter will focus on our four school values: Respect, Responsibility, Resilience and Inclusion. We respect ourselves, our school and each another, and understand that our attitudes and behaviours have an impact on the people around us. We are responsible for our own actions and behaviours. We acknowledge challenges and work together to learn, and bounce back from them. We model and demonstrate kindness, and take every opportunity to include all and help others that may be in need.**

### **This week's topic is Resilience.**

When things go wrong, resilience is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before. Resilience is about bouncing back from the stressful times that we all face. It's the ability to withstand those tough periods, using our strategies to cope, and coming out the other side having learnt from our experiences.

### **How do we show resilience?**

We can show resilience in a number of ways. It might be giving a difficult task a go even though we know we might struggle or fail. It might be holding your head up high and being proud of your effort even if you didn't reach your goal. Resilience might look like standing up for yourself when someone is giving you a hard time and showing them that you are strong on the inside. Showing resilience is about asking yourself these questions:

- What can I do to get back on track?
- I can't control everything, so what **is** in my control?
- Can I change something I'm doing to make things better?
- What can I learn from this?
- Who can help?
- How can I move forward?

### **Why do we need to show resilience?**

At every point in our life we will face challenges, from learning to walk as a toddler, to riding a bike and learning to drive one day. Can you imagine if we gave up and showed no resilience? Nothing would ever get done! Resilience is about persevering through difficult times, because in those difficult times is when we learn the most. It may not feel like it at the time, but often our toughest moments provide us with the best opportunities to grow and be stronger people. In school your teachers will challenge you with work, you might have to make new friends, or maybe you lose old friends. Without resilience we give up, and our situations never improve.

### **Asking for help is resilient**

If you can solve a problem yourself then that is showing great resilience. But sometimes the problem is too big for us to solve alone. Sometimes the strongest thing you can do is ask for help and solve a problem together. At school, you might hear about elephant problems or ant problems. Ant problems you can fix yourself, like a broken pencil lead or an untied shoelace. The elephant problems like bullying, forgetting

your lunch, or feeling unwell might need some adult help. Asking for help for an elephant problem is a very resilient thing to do.

**How do I improve my resilience?**

There are lots of ways to become more resilient. Having a positive attitude and a growth mindset are a great place to start. You are never going to solve a problem if you don't believe you can do it! Having supportive people around you will also help you. You can look to them as examples of resilience or ask them for advice. Communicating with people around you is important. Sometimes a difficult situation can't be helped, like a death in the family. Other times people might not even know you're going through a tough time. Telling those people around you that you trust (like family, teachers and friends) is a great way to be resilient.

Resilience isn't grown over night, but every challenge you face is an opportunity to grow.

Have a great week!

Griffin Errey  
**Mental Health and Wellbeing Coordinator**

Jodi Binion  
**Assistant Principal**