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“SMILING, CARING AND LEARNING TOGETHER ON A JOURNEY WITH GOD”

7th November 2025

Dear Parents,

As part of our INSET day this week, the whole staff had some training from ‘Thought-Full’, the Mental Health Support team for schools. It covered how to support children to develop their resilience and outlined 7 areas that we can build upon in order to improve resilience.

These are:

- Building connections
- Healthy habits
- Hope/purpose/meaning
- Problem solving
- Autonomy / self-efficacy
- Emotion regulation
- Developing positive thinking

Underpinning all of this, research consistently finds that, in nearly all cases, children cannot build resilience without love, support and positive relationships, most crucially with their family.

We have been supplied with a booklet which explains some practical things that families can do in all 7 of these areas to help support and develop their child’s resilience. We felt it would be an important resource to share with you so are attaching it to this email for you to read. If you would like a printed copy of the booklet, please do call in to the office and they will give you one.

Apologies, if you attended the EY ‘6 weeks in’ information morning in October, you may already have the booklet.

Many thanks,

Kate Miller

