



Aiden 142

Bede 156

Chad 119

Columba 116

The Bouncy Ball Effect

This week at St Michael's, we've been talking a lot about one of our favourite core values: **resilience**. If resilience were an object, I'm convinced it would be a bouncy ball, no matter how many times it hits the floor, it pops right back up (often in a completely unexpected direction...)

In Key Stage 1, resilience looks like that moment when something is tricky and you *don't give up*, even when it would be much easier to sigh dramatically and wander off. In Key Stage 2, resilience becomes: "Nothing is impossible. It's OK to make mistakes. I can achieve whatever I want if I'm prepared to work hard and not give up."

A brilliant example comes from our Year 4 mathematicians, who are heroically battling their way through the times tables levels. Some levels are fiendishly difficult, some take longer than expected, but they keep going. And when they finally crack the next stage, the pride on their faces says everything.

In this week's newsletter, we're showcasing resilience a little differently. On the next few pages, you'll find some fun things you can try at home with your child to help build that "bounce-back" attitude, as well as some fascinating facts about perseverance and why it's such a powerful life skill. You'll also be hearing from a few of our very own pupils, who have been sharing what resilience means to them.

So... here's to the bouncy balls, the try-try-again-ers, and the "I can do this!" moments. Enjoy the newsletter and keep bouncing!

Mrs Benny

Perfect Pupil Reflection

Recently, during Worship, some of our pupils shared their thoughts on what **resilience** means to them. Their reflections were simple, honest and full of wisdom; a wonderful reminder of how deeply our children understand this core value.

Here are just a few of their ideas:

- **"In maths, keep going when it's hard."** – Ivy M
- **"Doing trickier challenges."** – Mack
- **"Keep on going when things are hard."** – Philippa
- **"Persevere when you're stuck."** – Albert
- **"Persevere on a goal you're working on."** – Brett

These reflections capture the heart of resilience at St Michael's: trying again, pushing through challenges, and celebrating every step forward.

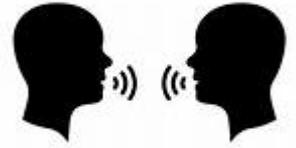


Talk About Perseverance Together

Teachers often say that perseverance is something that many children find difficult. Very little that is worthwhile in life can be achieved without perseverance.

An athlete may train for years before they are ready to compete at the highest level. A musician must practice every day, sometimes for hours at a time, if they are to really master their instrument. So....

- How would each family member rate themselves on a scale of 1 - 10 at perseverance?
- Can you give an example of something you have achieved by determined perseverance?
- Is there a skill that you think you could improve with perseverance?



The Perseverance Challenge!

Ask each member of your family to write (on identical pieces of paper) a challenge that will require perseverance to complete. Fold the paper 4 times and place it in a bag with the others.

Invite each person to place their hand into the bag (whilst looking the other way) and pick out a challenge which they have one week to complete. (Think carefully about the challenge you set and if possible, make it a worthwhile and useful thing to do)

Home Challenge

Mosaics are one of the oldest ways to make art. People have been arranging tiny coloured pieces of glass or pottery for thousands of years to create beautiful designs. But the process is time consuming and needs lots of perseverance & resilience. So, can you make a mosaic picture (no bigger than A3 – 29x42cm) using small pieces of coloured paper? The subject of your mosaic is up to you. It could be a pattern or a picture. Please take a photo of this and share with your class teacher. We can then share some of these in next week's newsletter!



Fascinating Facts....

Many birds show remarkable resilience as they build their nests, piece by piece often in cold, wet and windy weather and at risk from predators. The long-tailed tit is just one example. Weighing just 9g, this little bird takes 3 weeks or more to build a nest. The oval shaped nest is made from moss, cobwebs and hair, covered on the outside with lichen and lined with up to 2000 tiny feathers!!! I think that shows immense resilience...



A Very Resilient VIP – What Can You Take Away From This?

Prince George had always been shy and had developed a stammer, which meant he could not speak for very long without struggling to say the words he wanted to say.

His elder brother, Edward, was very different. He was confident, loved to be the centre of attention and was destined to become King of England. But soon after the coronation, King Edward announced that he was going to abdicate – to give up being king. His younger brother would now become king in his place. George was horrified! He felt sick with fright.

Now he would be expected to deliver speeches and give radio broadcasts to millions! How would he be able to do this with his dreadful stammer?

But George knew that it was his duty to serve his country. He knew that he must overcome his fears and do his very best.

He employed an Australian speech therapist to help him and with perseverance, resilience and great courage George was able to face the challenges ahead.

When war was declared in 1939 King George gave a famous speech. He comforted and encouraged his people and won everyone's respect because they knew how brave he was being!



Resilience In Pictures....

