

# Alexandra Primary School

*Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.*

RESPECT

CARE

INTEGRITY

ACHIEVE

## Resilience: the key to success!

Resilient children tend to view themselves as being in control of their own destiny. They have a growth mindset and understand that they have the power and skill to change how they respond when things go wrong. We cannot always control what happens to us but we can control what we do about it.

### Resilience is:

- The ability to cope when things go wrong
- Bouncing back after difficult times
- Dealing with challenges and still holding your head up
- Giving things a go or trying your best
- Being strong on the inside
- Being able to cope with what life throws at you and shrug it off
- Standing up for yourself in a respectful way

### You can start to build resilience by asking yourself:

- 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?

### Another important step to building resilience is to develop self-awareness:

Think about:

- What do I need?
- What are my limits?
- What is important to me?
- What annoys me?
- What makes me happy?
- What are my strengths?
- How did I cope in the past?
- Is there anything I would like to change?

In the classroom we promote resilience by fostering a growth mindset, encouraging children to take responsibility for their actions and choices, embracing mistakes and teaching them cool down strategies to use in tricky situations.

Sometimes, fostering resilience means that we have to do the 'hard yards' - if we never have anything to be resilient to, we never get the opportunity to develop the skills. Talking through sad and difficult situations, helping children take action for themselves and letting them know that mistakes are learning, are all important steps towards resilience. Tantrums, tears, disappointment and sadness are all symptoms of resilience building. If you are dealing with these symptoms, it is important to recognise them for what they are and embrace them as learning steps. Think about building resilience as learning to walk...we did not just stand up one day and walk - we rolled, we crawled, we fell. We cried and cut our knees. We got there in the end. If we had been carried for that time in order to save us from those mishaps, we would not have developed very far at all!

Take care,

**Vicky Draper**

## [What is Resilience? | How to Build Resilience | Kids Helpline](#)

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. Here are some of the things that help you build resilience.

[kidshelpline.com.au](http://kidshelpline.com.au)



<https://kidshelpline.com.au/teens/issues/building-resilience>

## ACHIEVEMENT AWARDS

<b>Prep</b>	<b>Matilda Woehl</b> for her huge improvement in the letters and sounds she knows and for finding lots of interesting words in her book during Reading this week! Well done Matilda, you show me what an amazing learner you are every day!
<b>1/2A</b>	<b>Paigan Lampe</b> for her determination during writing. Paigan has worked really hard this term to improve her writing, she has practiced really hard with forming her letters to sit on the dotted thirds correctly. She has also thought really hard about the words she uses to create interesting sentences. Well done Paigan, keep shining superstar!
<b>1/2B</b>	<b>Kael Robben</b> for his love of learning and willingness to challenge himself in the area of Mathematics. This week Kael has been using his knowledge of the 2, 5 and 10 Times Tables, to learn how to do division. Great work, Kael!
<b>3/4A</b>	<b>Harper Williamson</b> for always doing her personal best in everything she does. Harper has been working so hard this term with all her tasks. She stays focused, listens carefully to instructions, tries her best, asks for help if needed and doesn't give up. Keep up the awesome attitude, Harper! You are a superstar!
<b>4/5A</b>	<b>Cameron Clark</b> for showing such a positive attitude to his learning, his teachers and his peers. Cam, your thoughtfulness and kindness is appreciated in the classroom and in the yard. Thank you, Cam!
<b>5/6A</b>	<b>Sienna Geldard</b> for your creative skills and working hard on your writing tasks. I love how you have a go at everything and try your best. Your calm and quiet manner is such a breath of fresh air.
<b>5/6B</b>	<b>Jed Birkner</b> for his continuous hard work and great attitude towards all of his school tasks. Jed, you always give 110% to your work and your positive and supportive attitude towards your learning and peers, is admirable. Keep up the great work!
<b>Art</b>	<b>Ruby Wall</b> for designing a very imaginative poster for her class song "School's Out For Summer." Ruby, I love your attention to detail and the way you focus on your tasks each week. Brilliant work.

Our appreciation to the Humphries family for giving up their Cup Day, replacing the basketball back boards. These were recently purchased by our Parents' Group. Thank you for your support.

### Reminders:

- Curriculum Day— Friday 13th November.
- Hats! Please remember that School Hats need to be worn in Term 4.
- Water bottles— Students require a water bottle for school.
- Parent Survey— The survey is open until Friday 13th November.
- Student Banking every Tuesday— The last week to redeem your rewards is Tuesday 1st December.
- National NAIDOC Week (8-15 November)