



# Resilience at Shavington Academy

We are committed at Shavington Academy to support our pupils' resilience

- **Promote resilience**
- **Promote mental well being**
- **Develop a growth mind set**
- **To ensure students attend well, attain highly and are prepared for the challenge of post 16**

We develop pupils' **resilience** through **healthy coping** and **confidence building**

Year 7 form time activities as part of their induction on the resilient form

Year 7 friendship group

Sleep programme for year 10 pupils in conjunction with Oxford University

Year 11 PHSE begins with a unit of work on resilience

Year 8 are doing a whole term on mental health in PHSE

Year 8 & 9 wellbeing collapse day

TWISTA group

Fire service respect programme

Work placements for those aged 14 +

Character community group

Attendance groups and meetings

We develop pupils' **resilience** through **listening** and **understanding their emotions**

**Scale cards to help manage their emotions**

**Bullying tab on the website**

**Social stories work for SEND**

**Peer mentoring scheme**

**Head Pupil and deputies selected on their ability to relate to pupils overcoming barriers, with a passion for supporting mental health**

**Counselling in school**

**Lunch clubs**

**Parents' Parliament, Parents' Evenings**

We develop pupils' **resilience** through **communication**

Form time activities

Letter writing

Diaries

Debates

Circle time

SMSC questions

Interview conference

Secondary College

CV writing

School council

Leadership opportunities such as curriculum leaders and prefects

Work experience

Talent shows & singing tuition

We develop pupils' **resilience** through **problem solving** and the **importance of failure**

Stanley Head activity trip for year 7

Problem solving in departmental schemes of work

Growth mind-set approach key area for this years development plan

Assertive mentoring

Marking policy with a focus on EBI

Assemblies on resilience and grit

Single sex history group focused on empowering a resilient approach

