

# **Resilience**

## **Aim of Resilience**

- Encourage students to make mistakes
- Give them the tools to overcome barriers and obstacles
- Provide an understanding of how we learn
- Push students to stretch and challenge themselves
- Develop problem solving and reasoning skills
- Improve students understanding of a range of theories and ideas to support their development

Resilience is one of the core subjects delivered in year 7 and is fundamental to the ideology of LJFS. Students are exposed to a range of content to develop their own learning style, which they will continue to use throughout their time at LJFS. Students are encouraged to make mistakes as we see this as the bedrock of learning, this in turn will equip them with the tools they require to overcome barriers throughout life. As part of the curriculum there is a strong focus on developing a growth mind set, discussing the language of learning and giving them the confidence to use it outside of the classroom. Additionally, students will perform a range of activities from presentations to extended writing to juggling; all as part of their curriculum to develop resilience.