

Parent's Leaflet

"I have come that they may have life and have it to the full." (John 10:10)



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'Nurturing spirituality will help children gain a sense of direction and hope during difficult times.'



Emotional Resilience in Key Stage One

Emotional resilience is the foundation of teaching and learning at St. Columba's School. This leaflet will identify the stages and expectations of emotional resilience and how we can work together to help your child develop life-long skills.



 **St. Columba's School**

Emotional Resilience