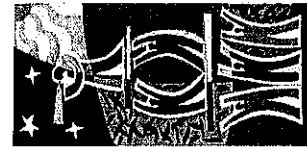


Upper Key Stage Two

Here are some suggestions to help your child develop emotional resilience when they move into Year 5 and 6 at St. Columba's School. We would like children to be able to...

- To be ready for learning at all times and to be proactive in their learning.
- Show a level of responsibility for their own belongings by looking after their own clothing, PE kits, homework and equipment.
- Follow school rules and be self aware realizing how important friendship groups are as a support network.



- Develop their ability to take responsibility for their actions and words towards others, including building resilience and having high expectations of themselves and by writing their own targets and choosing work at the appropriate level.

- Develop self control in response to unexpected events: managing emotions when things do not go to plan or routines change through developing a sense of humour about life.

- Develop the skill of knowing it is acceptable to make mistakes, admitting mistakes and learning from them.
- To be an adaptable and independent learner, knowing where to go for support.
- Take responsibility for their own and other's learning by being proactive and selecting own resources to support themselves.
- To be interested and engaged in learning by contributing in lessons and valuing the contributions of others.
- Take pride in their work and be a good role model for younger children, by persevering and developing problem solving skills.
- Understand how to manage strong feelings such as anger, anxiety or frustration.
- Develop empathy, in and out of school by competing fairly and being able to lose with dignity and respect. themselves.
- Allow belief in God to be a support and comfort and to know that you are not on your own even when times are difficult.



How can you help as a parent/carer?

- By upper KS2 children should be responsible for packing and remembering their own belongings.
- Encourage your children to manage their own time in regards to homework, reading activities after school activities.
- Have high expectations of your children to preserve and always try their best.
- Help your child to develop the inner strength of confidence which will help them to develop their ability to overcome obstacles and gather the courage to try new things.
- Encourage your child to participate in community/parish activities to build talents and interests.
- Encourage your child to motivate themselves and want to learn, not for reward but to achieve their own goals.
- Encourage your child to be compassionate and help them to deal with and respond to conflicts fairly, with empathy.
- Celebrate other people's successes and help children to understand that they can't always 'win'.
- Help children to be aware of their rights, their responsibilities, rules and the routines of the school day.