

How we are building your child's resilience

I.F.S. are used in every lesson in all year groups across the school and our homework projects are designed to help develop these character strengths at home.. Be sure to look out for examples of our I.F.S. on our school social media sites.

Over the course of the year, we will have parents and carers events geared around developing our I.F.S. We hope to see you there!

The KUBA Framework

KUBA is a great way to help your young person build character vocabulary, such as teamwork skills. First they need to **KNOW** what teamworking means and what is expected of them, **USE** teamworking skills in an effective way, **BUILD** their teamworking skills by using them repeatedly, and then **APPLY** the teamworking skills to new situations, as a transferable skill.

More information that may be useful to you

There is more information on resilience at
www.routetoresilience.co.uk



Ingredients for SUCCESS!

Developing strength of character

Alderman Richard Hallam Primary School



INTRODUCTION TO ROUTE TO RESILIENCE (R2R)

What is R2R?

Put simply it is recognising, understanding and developing character traits that make us unique and then using these 'character muscles' to allow us to be the best version of ourselves. At the heart of character education is creating a culture in and out of school where children are given every opportunity to rehearse and strengthen their sense of themselves.

Children starting primary school this year will not retire until 2082 at the earliest! There is a growing recognition of the need to equip young people with strong character muscles that will make them successful in all occupations and will help them to develop into healthy and happy adults.

A.R.H. is taking part in a training program called Route To Resilience along with other schools in Leicester, Leicestershire and Rutland, which aims to promote young people's well-being.

What will my child do?

During school time, the children are encouraged to use the 'Ingredients For Success' or 'I.F.S.' and they are given opportunities to reflect on which ones they are using, and recognise how to build and apply the I.F.S. in their work at school, home and life.

You will increasingly notice your child using these I.F.S. in their work, in communications from school and in other ways. We hope that you will want to help them build these muscles at home as well, and we are here to help you do that.

A.R.H.'S INGREDIENTS FOR SUCCESS



Our Ingredients For Success help us to achieve in every lesson, learn vital life skills and develop our strength of character. The I.F.S. cover the following areas of strength:

Wisdom and knowledge

Courage

Humanity

Justice

Temperance and Transcendence