

How we are building your child's resilience

I.F.S. are used in every lesson in all year groups across the school. Be sure to look out for examples of our I.F.S. on our school social media sites.

Discovering your character strengths

You can complete the [VIA](#) online character strengths survey to find out what your own strengths are. Why not open up the conversation with your child and think about how you can build your own character muscles?

Wellbeing

As a school, we feel that developing children's character and building their sense of pride in who they are is integral to supporting their wellbeing.

You can read all about our wellbeing work on our school website, or speak to Mrs Afflick-Goodall, our Wellbeing Lead.



INGREDIENTS FOR SUCCESS

DEVELOPING STRENGTH OF CHARACTER

Alderman Richard Hallam Primary School



INGREDIENTS FOR SUCCESS

What are the IFS?

Our Ingredients for Success (referred to around the school as 'IFS') are about 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.

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 a Route To Resilience accredited school, which aims to promote young people's wellbeing.

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

IFS	Definition
Articulation	We know how to express ourselves clearly so that others can understand us. We think about our words, our tone and the impact of what we say.
Bravery	We love to challenge ourselves and try things that are out of the ordinary. There is nothing we won't try!
Caring	We are thoughtful and care about the other people in our class, school and community. We think about the different ways we can help and take care of others.
Creativity	We are creative individuals. We can think of interesting ways to do things and creative things to make!
Curiosity	We love to find things out and know how and why things work the way they do. We love exploring, investigating and discovering!
Empathy	We are sensitive of other peoples feelings. We are able to put ourselves in other people's shoes to think of how they are feeling.
Enthusiasm	We approach our learning with excitement and energy, never doing things half-heartedly.
Fairness	We are aware that everyone has different needs and we allow people to take their time, helping them along the way. We give everyone a fair chance.
Focus	We are able to concentrate our thoughts and efforts on one thing. We know what helps us to improve our focus.
Honesty	We always tell the truth and share our true thoughts sensitively. We take responsibility for our feelings and actions.
Humour	We like to laugh and bring smiles to other people. We try to see the light side of things.
Independence	We can work on our own, making the most of our own strengths and skills. We know how to make the most of our environment, resources and the people around us to do this.
Judgement	We are able to think things through logically and apply a critical eye when looking at our own and other people's work.
Leadership	We can encourage those working with us, maintaining good relationships within the group and making sure everyone is contributing.
Listening	We are active listeners. We show proof of listening with eye contact, body language and by asking questions and responding to the speaker.
Love of learning	We work hard to master new skills and knowledge independently .
Reasoning	We can use what we know to figure things out. We use logic to do this and try lots of different approaches to problems we encounter.
Resilience	We always try our hardest! Even when things are tough, we never give up and keep on going. If we get stuck, we think about how to help ourselves.
Self-control	We are able to control how we feel and act, demonstrating outstanding behaviour at all times.
Teamwork	We can work together sensibly. We take other people's opinions into account and work as a team to reach a solution.