



On 18th November, the *Sunday Times* published a report on the ‘tech-free’ schools popular with Silicon Valley elite. In these schools, self-reliance, creativity and self-expression are highly prized, and it is considered that “human capacity, creativity, and resilience are the best preparation for life.”

These qualities are not the antithesis to digital technology, however. They are the tools needed to adapt to the changes it has wrought. The LSE’s blog *Parenting for a Digital Future* states that teaching should “develop children’s digital resilience, including their critical ability and technical competency rather than taking a predominantly restrictive approach to online safety.”

The above very much reflects our approach at Emanuel.

In my daughter’s school reports, the word ‘resilience’ featured in more than half of the teachers’ blurbs. As far as education goes, resilience could well be the word of the year.

What is resilience, and how do you cultivate it?

In her recent talk to Emanuel parents, Dr. Nihara Krause referred to it as the fundamental skill in withstanding modern day pressures. She quoted the American Psychological Association’s definition of resilience as “the ability to bounce back”.

The same association describes the journey to resilience as a personal one. Some of the steps they recommend, which we incorporate into our Life Education lessons, include:

- Nurture good relationships with friends and family:**
 - relationships module (years 6-11)
- Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations:**
 - success and the power of failure (year 10)
 - mindfulness (years 8-9)
 - resilience in sports (year 9)
 - healthy vs unhealthy coping strategies/ eating disorders (year 9)

- anxiety and ways to manage it (year 11)
- Develop realistic goals:**
 - Elevate lectures on Study Skills (years 7-12)
 - Nurture a positive view of yourself:**
 - self-worth workshop (year 11)
 - ‘Becoming Me’ (year 7)
 - Take decisive action:**
 - assertiveness lesson (year 7)
 - Take care of yourself:**
 - healthy eating (year 6)
 - drugs and alcohol (years 7-11)
 - sleep (year 9)

How resilient are we?

According to the NHS, “resilient individuals can be recognised by their confidence, planning, control, low anxiety, persistence, and ability to make adversity meaningful”. It provides a link to a free online test to see how resilient we are: www.resiliencyquiz.com

What can parents do to develop their children’s resilience?

There is a trend toward protecting our young from offense, wrapping them up in cotton wool for fear they will be crushed by reality or controversy. Social media has developed a powerful platform for the permanently outraged, and the growing fashion for taking umbrage is detrimental to developing as resilient individuals.

In the face of this groundswell, what can we do to develop resilience in our children? Openly discussing failure in our lives, and accepting it as a part of finding our way; allowing children to make mistakes and bear the consequences; rather than judging, supporting them in identifying what went wrong; all the above should encourage young people to communicate and to face adversity with a positive attitude.

Topics pupils have discussed in the second half of autumn term:	
Year 6	WWI and remembrance day (lesson and talk); issues affecting the world today (environment, Brexit, immigration, poverty); living with a disability; food waste
Year 7	Democracy and British values; relationships, sex and puberty (speaker); family, emotions, gossip and bullying; who am I: developing my identity
Year 8	Staying safe: physical safety and e-safety, including workshops with sixth form prefects; WWI; budgeting, saving and spending
Year 9	Relationships and sex - STIs (speaker); equality and gender stereotypes; the effects of online porn; drugs and parties talk; negative coping strategies: eating disorders
Year 10	Happiness and the meaning of success; Elevate Study Skills seminar - time management; me and my priorities; drugs and alcohol; drugs and parties talk; relationships and sex - risky behaviours (speaker); healthy and unhealthy relationships
Year 11	Volunteering abroad; careers: choosing A level options, CV writing, skills and behaviours valued by employers; drugs and parties talk
Lower sixth	Emma Cole - Positive Voice https://www.positivevoice-emmacole.co.uk/ ; Emma Rosen - 25 careers before the age of 25 https://www.25before25.co.uk/ ; Julie Johnson - Stretched or Stressed; Industry Champions; Drug Awareness
Upper sixth	Wandsworth Safe Driving workshop; James Borrell - conservation and exploration; Murray Letham - Digital Privacy; Erwin James - Life in Prison; EPQ presentations

In addition to tutor-led Life Education sessions, we have hosted the following speakers:
NSPCC on Staying Safe (year 6)
Elevate Education on study skills (years 7, 9, 10, 11 and lower sixth)
Relationship and sex education (years 7, 9 and 10)
Drugs: The Daniel Spargo-Mabbs Foundation: “Supporting young people to make safe choices about drugs”



Parent talks organised this spring term	
18th March	Parent seminar for year 7 and year 8 revision and study skills

Specialist speakers in the pipeline	
Spring term	<ul style="list-style-type: none"> Relationship and sex education (all academic years), Wandsworth Sexual Health Equality, respect and self-worth workshop (year 11), 2-3 degrees Resilience (years 7 and 10), Jack Galsworthy e-safety (years 7 and 10), DAUK Becoming Me (year 7), ThoughtBox Mindfulness (year 8), Anna Wille Global cultures (year 9), ThoughtBox World issues today (year 11), ThoughtBox
Summer term	<ul style="list-style-type: none"> Disability: Robyn Steward will speak to the lower school pupils on living with a number of disabilities

Key contacts
Head of Life Education Mrs Silvia Riley (silvia.riley@emanuel.org.uk)
Deputy Head: Pastoral Mr Ravi Kothakota (ravi.kothakota@emanuel.org.uk)
School counsellor Mrs Alison Siddiqui (counsellor@emanuel.org.uk)
Designated safeguarding lead Ms Kate Bainbridge (kate.bainbridge@emanuel.org.uk)
Deputy designated safeguarding leads Mr Shaun Andrews (shaun.andrews@emanuel.org.uk) Mr Ravi Kothakota (ravi.kothakota@emanuel.org.uk) Ms Hannah Windsor (hannah.windsor@emanuel.org.uk)
Head of sixth form Ms Kate Bainbridge (kate.bainbridge@emanuel.org.uk)