

Mental Health in Scotland is reaching crisis point and the best way to deal with a crisis, is of course, prevention.

- We want our children to be RESILIENT, to be happy, confident, independent and able to overcome setbacks and safe guard them as far as possible from mental health issues.
- We want them to be able to develop skills for effective respectful friendships and be the best version of themselves
- We want our children to leave Hazlehead with strong positive mindsets and to engage in life long learning.

How can we achieve this?

Hold high, realistic expectations

Encourage responsibility

Normalise don't personalise



Perfection doesn't exist

Highlight that failure often leads to success



What can you do to support your child?

- It is important that they try to do their best, rather than be the best
- Allow young people to make mistakes as this will build their resilience and help them assess future risks
- Encourage young people to see intelligence and ability as something they need to work at and not fixed

Please contact the school if you have any queries about the content of this leaflet.

A PARENT'S GUIDE TO



BOUNCE BACK!

Parents as Partners in Learning

Developing Home-School Partnership

The aim of this leaflet is to inform parents about Resilience and Growth Mindset at Hazlehead Primary.



Article 28—Every child has the right to an education. Discipline in schools must respect children's dignity.

Article 29—Education must develop every child's personality, talent and abilities to the full.



Key aims of our Resilience Programme

By building resilience we can **raise attainment**—

*"We know that **physical, social, emotional and economic wellbeing have a significant impact** on children and young people's success in school and beyond school. We also know that aspects of these factors are significant barriers to learning and achievement for a large proportion of our learners."*

HGIOS 4 (Her Majesty's Inspectorate of Education)

Bounce Back Acronym

Bad times don't last—stay optimistic

Other people can help if you talk to them

Unhelpful thinking makes you feel more upset

Nobody is perfect—not you or others

Concentrate on the positives and use laughter

Everyone experiences sadness, hurt, failure, rejection and set-back sometimes. They are a normal part of life.

Blame fairly—how much of what happened was because of you, how much was because of others and how much was because of bad luck or circumstances?

Accept the things you can't change, but try to change what you can first

Catastrophising exaggerates your worries—don't believe the worst possible picture

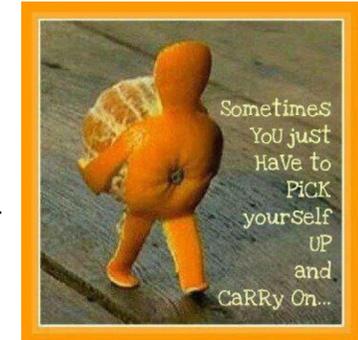
Keep things in perspective—it's only one part of your life!



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Changing Mindset

- Not all children will respond to one way of building resilience. This is why it is important to foster many different ways for children to bounce back.



- It is important that children are aware of which approaches and strategies work for them so that they can use them again. Almost like a resilience toolkit!
- When things go wrong for you, or you get knocked down by what happens in your life, remember you can decide to **BOUNCE BACK!** And be yourself again.

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them