



Route 2 Resilience

Developing character



PARENT PACK

INTRODUCTION TO ROUTE TO RESILIENCE

What R2R is

Put simply it is recognising, understanding and developing character traits that make us unique and then using these 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 students 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 a resilience that will make them successful in all occupations and will help them to develop into healthy and happy adults.

The school 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 Young Person do?

During school time, 'character vocabulary' will be introduced into their work, giving them opportunities to reflect on which ones they are using, and recognise how to build and apply this in their work at school, home and life.

You will increasingly notice your young person using this character vocabulary 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.



The Character Vocabulary

These are the ones we have chosen to work with your young person on.

Concentration	Linking Learning	Independence & Initiative
Curiosity	Self-control	Imagination
Creativity	Perseverance	Enthusiasm
Reasoning	Improving	Being calm
Good Humour	Resilience	Courage
Optimism	Self Esteem	Confidence
Modelling	Listening	Communicating
Questioning	Problem Solving	Empathy
Respect	Being humble	Integrity
Teamwork	Kindness	Awareness

How we are building your Young Person's Resilience

- Language used in everyday lessons
- Displays showing the character words
 - Homework tasks
 - Tweets
- Weekly assemblies with certificates

Preparing young people for the Future

Remember the 1960's when it was common for girls to be taught typing and boys woodwork. Typing is a hugely useful skill in our computerised world while woodwork less so.

Equipping young people with good character muscles, gives them the ability to adapt and interact with the world and others, take on new challenges and have confidence in their abilities. Also Resilience skills are transferable, they can be used anywhere and be built up over time. They don't go out of date!

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 lots more info on Resilience at www.routetoresilience.co.uk