

# BPSI COLLECTIONS

## Building Resilience in Schools

Schools play an important role in building children's resilience. There are many things that schools can do to promote resilience, including:

- Adopting a 'whole-school' approach to resilience and emotional wellbeing
- Providing a safe space where trial and error is encouraged
- Promoting healthy behaviours and relationships
- Nurture positive qualities, strengths and celebrate positive achievements
- Fostering growth mind-sets and learning coping mechanisms
- Offering choice and creating opportunity

### BPSI School Support

- 1. Work with member(s) of the Senior Leadership Team** to review current approach to building resilience, curriculum opportunities, identify good practice, areas for development and form an action plan for implementation.  
**4 BPSI hours**
- 2. Work with Curriculum Lead/ PSHE Coordinator** to review the taught curriculum in relation to resilience. Map where resilience is currently being taught, identify areas where it could be included. Be clear on key themes for building resilience and explore ideas for teaching and learning. Signpost to further resources and framework.  
**4 - 12 BPSI hours** (depending on extent of support requested)
- 3. Twilight INSET for School Staff**  
Liaison with the school to prepare and deliver bespoke training on resilience themes/ topics of their choice.  
Options for INSET include
  - Key themes in building resilience
  - A framework for Resilience
  - Whole school approaches
  - Curriculum/teaching and learning
  - Building relationships
  - Supporting transitions**4 BPSI hours**
- 4. Central Training** is also offered through BPSI. A half day training "Building Resilience in Schools" is provided.

*Both of the above options are bespoke for the school, taking into consideration the current school curriculum and identified needs.*

### CONSULTANT(S)

Tania Barney

### PRICES

#### BPSI Schools

Standard programme – see individual items

#### Non BPSI Schools

Contact BPSI Support Team

*This is an approximate guide to the BPSI hours needed but is flexible and dependent on the school's needs.*

### CONTACT

For further information, please contact the BPSI Support Team on 020 8359 6325 / 6341 / 6306  
[sdtued.admin@barnet.gov.uk](mailto:sdtued.admin@barnet.gov.uk)



# BPSI

Barnet Partnership for School Improvement