

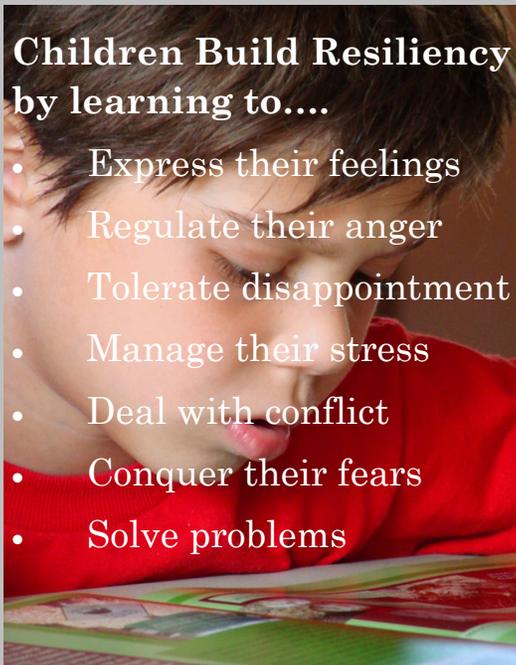
**“What lies behind us
and what lies ahead of
us are tiny matters
compared to what lies
within us”**

Ralph Waldo Emerson



**Children Build Resiliency
by learning to....**

- Express their feelings
- Regulate their anger
- Tolerate disappointment
- Manage their stress
- Deal with conflict
- Conquer their fears
- Solve problems



Resilient children tend to have parents who are concerned with their children's education, who participate in that education, who direct their children's everyday task, and who are aware of their children's interests and goals. Another important characteristic of resilient children is having at least one significant adult in their lives.

Linda F. Winfield

For more information, please contact:
Jessica Rumer, Principal
Westminster Elementary School
Phone: 403-327-4169
Fax: 403-327-9604

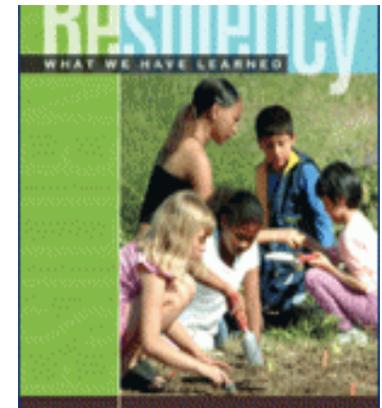
Cynthia Parr, Director of Student
Services
Phone: 403-380-5314
Fax: 403-327-4387

**Lethbridge School
District #51**
433—15th Street South
Lethbridge, Alberta
T1J 2Z5



Lethbridge School District #51

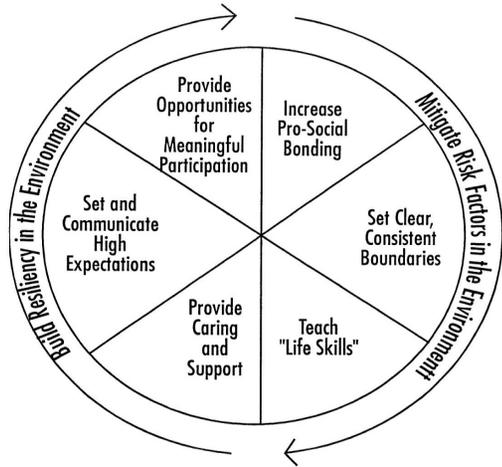
Resiliency Program



**“Our greatest glory is not
in never falling, but in
rising every time we fall.”**

Confucius

The Resiliency Wheel



Resiliency is commonly described as a person's capacity to cope with changes and challenges and to 'bounce back' during difficult times.

Children and young people who are resilient are better equipped to resist stress and adversity, to cope with change and uncertainty, and to recover faster and more completely from traumatic events or episodes.

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved." Helen Keller

WHY RESILIENCY IS IMPORTANT

A person who is resilient is likely to:

- Recognize and manage their own feelings and understand the feelings of others
- Have a sense of independence and self-worth
- Form and maintain positive, mutually respectful relationships with others
- Be able to solve problems and make informed decisions
- Have a sense of purpose and goals for the future



The Resiliency Program is located at Westminster Elementary School. It is staffed with one Teacher and two Advanced Educational Assistants.

The aim of the program is to assist students who continue to struggle in their 'home' school setting. Focus will be on teaching social, emotional and academic skills so the students can increase their success within their 'home' school settings.

Students will return to their 'home' schools once per week for an afternoon. Transition back to their 'home' schools will be supported and gradual.

Each student will be provided with their own Resiliency Action Plan and transitions will be determined as the students progress through their goals.

'Home' schools, parents and students will play a vital role in setting the goals. Ongoing communication will occur among the 'home' school, parents/guardians and Resiliency Program staff.