



Dear families,

Happy New Year! I hope you had an amazing holiday – it's always lovely to take some time away from the madness of work and spend time with family and friends. However, I have to admit that I am a creature of habit and secretly love being back in a routine!! It's great to see our school community back together and can see that our children are ready for an exciting term ahead.

Mrs Holden

Our Values and Goals for 2026

At Clover Hill, we follow four simple but important rules that guide everything we do:

- **Respectful**

We treat others the way we would like to be treated – with kindness, good manners, and care for our school environment.

- **Responsible**

We take ownership of our actions, look after our belonging, and help keep our classrooms and playground safe and tidy.

- **Ready**

We come to school prepared to learn, listen and try our best every day.

- **Resilience**

We keep going when things feel challenging, learn from mistakes and celebrate effort as well as achievement.

These values help every child feel safe, supported, and motivated to succeed.

Diary dates

Friday 20th February: Break up for half-term

Monday March 2nd: Launch of school's own wrap-around care 'Clover Club' (further information to follow).

Building Resilience Within Your Child

We have compiled some useful tips which we follow here at school to develop resilience within your child and would love it if you could support us with promoting this at home. Please see the leaflet attached to the newsletter.

TAKE THE PLUNGE INTO WEEKLY LESSONS

Give your child the gift of confidence and safety in and around the water with Better Swim School.

50% OFF INITIAL PAYMENT



Join weekly lessons with Better Swim School and get 50% off your first payment with code SCHOOL50.

 Better Swim School



 BETTER

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Discount for new swimming lessons with BETTER at a range of swimming centres including Dunston and Blaydon Leisure Centres

Netball Tournament WINNERS!!!!

Congratulations! Our Year 6 Netball team attending the Gateshead Schools Netball Bee tournament this week and came home with huge smiles... and gold medals for coming first!!! As always, the children displayed excellent attitudes and were shining ambassadors for Clover Hill.



STEM at Clover Hill

STEM activities are in full flow at Clover Hill! STEM stands for **Science, Technology, Engineering, and Mathematics**, and it is essential because it equips children with problem-solving, creativity, and critical thinking skills that are vital for their future in an increasingly technology-driven world. This term, Year 6 took part in an exciting *Building Bridges* initiative with **Jacobs**, a company that supports STEM education through employee-driven volunteering to inspire and train students while promoting STEM careers. Year 3 will soon be working with **Nissan**, including a fascinating careers talk from Mr. and Mrs. Bradbury, both engineers at Nissan. Our popular **LEGO Club** is also in full swing, collaborating with **Durham University's Archaeology Department** to combine engineering with history in creative ways. These experiences help our pupils see how STEM connects to real-world careers and inspire them to become the innovators of tomorrow.

What is resilience?

The ability to bounce back or rather bounce forward when something doesn't go accordingly or straightforwardly. The ability to stay positive and keep trying.

Why is it important?

Being resilient and having the skills associated minimises the effect that negative situations have on children.

What are resilience skills?	Controlling our impulses	Finding solutions/problem solving	Being aware of and coping with our emotions
Empathy	Developing relationships	Being optimistic	Being independent/believing in ourselves

What can you do?

Focus on the positive – recognise and praise achievements to foster self-esteem.	Challenge negative defeatist thinking with optimism	Help children to develop problem solving skills rather than stepping in with ready-made solutions.	Have high expectations for behaviour, independence.
Involve children in family decision making and rule-setting.	Expect children to carry out age appropriate tasks that contribute to the whole family.	Encourage and respect independence.	Offer encouragement to help your child to persist at times of difficulty.

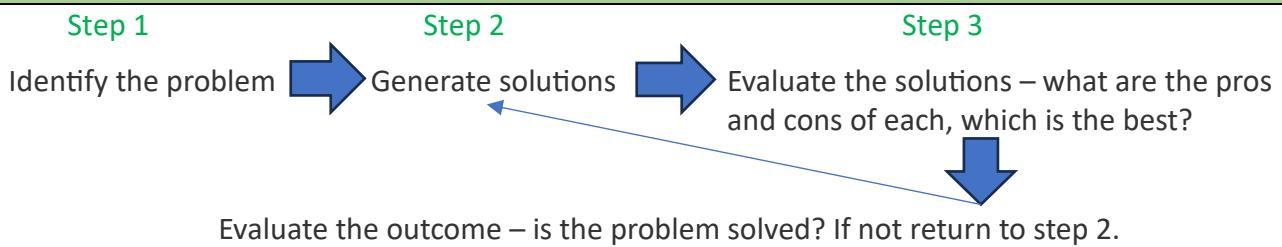
Discuss the day's events with your child – focus on the positive parts of the day and don't dwell in the negatives.

Top ten resilience tips

1	Don't accommodate every need. Children need to confront what makes them uncomfortable or uneasy.
2	Avoid eliminating all risk. Giving children age appropriate freedom allows them to learn their own limits. For example allow them to help with the cooking in the kitchen.
3	Teach them to problem-solve. For example your child may be anxious about an upcoming test. Ask your child how they can feel more confident. Talk about how to manage time, practice.
4	Teach your children concrete skills. For example a shy child might benefit from learning how to introduce themselves to people.
5	Don't provide all the answers. Start using the phrase "I don't know," followed by promoting problem-solving. If a child who does not particularly enjoy P.E is concerned about whether they have P.E that day help to find a way to cope.
6	Avoid talking in catastrophic terms. For instance, instead of saying "It's really important for you to learn how to swim because it'd be devastating to me if anything happened to you." say "It's really important for you to learn how to swim."

7	Let your children make mistakes. This is difficult but will help children to learn how to alter their actions. If a child has difficult homework or refuses to do their work don't do it for them instead let your children see the consequences.
8	Help them manage their emotions. Teach your child that all emotions are OK. It's OK to feel angry that you lost the game. Also, teach them that after feeling their feelings, they need to think through what they're doing next.
9	Model resiliency. Resiliency helps children navigate the inevitable trials, triumphs and tribulations of childhood and adolescence. Resilient children also become resilient adults, able to survive and thrive in the face of life's unavoidable stressors.
10	Avoid "why" questions. Ask how instead. 'How will you cope with spelling tests?'

Encourage your child to use a problem-solving process



Allow children to use this problem solving process to resolve problems with friends at school. Encourage children to 'problem solve' negative feelings or events in their school day.

Managing behaviour at home: the resilience approach

Focus on positive behaviour.

Avoid raising your voice – children copy this and creates stressful situations.

Time out is a good technique – remain calm.

Have clear, rational rules and enforce them consistently.

What are we doing in school?

We will:

- help the children to develop problem solving skills so that they are able to begin to solve their own problems rather than us giving them the solutions.
- praise and reward children who demonstrate the skills of resilience.
- promote, teach and model the skills of resilience.
- provide opportunities for children to discuss and manage their emotions and fears.
- be optimistic and teach the children to be optimistic.

