



## Weekly Bulletin 1st June 2026

### [Headteacher's message](#)

As we move towards the final half-term of the year, our focus is on *finishing strong*. It has been wonderful to see students across all year groups demonstrating commitment, resilience and pride in their work. With assessments and exams approaching, resilience becomes even more important; students are showing maturity in how they prepare, respond to challenges and keep going when things feel difficult. We are proud of the calm, purposeful approach developing across the school. Thank you to our staff for maintaining high expectations and to parents and carers for your continued support. Together, we can ensure every student approaches this important period with confidence and determination.



- clear planning for the future
- high expectations for every student

We are also supporting transition across the school:

- Year 11 students are preparing for college and new environments
- KS3 students are building confidence and starting to think about their future pathways
- Year 6 Transition planning is underway

Year 10 students are taking part in **work experience this term**, helping them:

- understand the world of work
- build confidence
- develop independence

We are providing **SEN support** to ensure all students can access these opportunities.

If you feel your child may need additional support, please contact:

**[sen@ruralenterpriseacademy.com](mailto:sen@ruralenterpriseacademy.com)**

## Key Dates



1st June - Summer 2 term starts & GCSE exams continue

1st June Y7/8 exam window opens

4th June Y10 exam window opens

8th June Y9 exam window opens

10th June Y7 & 8 to Big Bang show

11th June Y8 Parents Evening. If you have not received the email notification to book, please call school.

15th June Year 11 Leavers Assembly

## Parent Guide: Building Emotional Resilience

All The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [thenationalcollege.com](http://thenationalcollege.com).

### 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time each week for a "check-in" where you simply ask, "What's making you happy today?" This encourages children to express themselves openly.
- 2 MODEL POSITIVE BEHAVIOUR**

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as, "I'm a bit worked-up, so I'm going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them by breaking the task into smaller steps, saying things like, "Let's focus on just this first question for now."
- 4 FOSTER A GROWTH MINDSET**

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.
- 5 PROMOTE SELF-CARE PRACTICES**

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and educators can set a good example by modelling self-care, such as family engagement in relaxing activities like reading, setting an example to take time for themselves.
- 6 BUILD HEALTHY RELATIONSHIPS**

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group projects can be instrumental in teaching children how to resolve conflicts with friends by involving and practising clear communication.
- 7 SUPPORT EMOTIONAL AWARENESS**

Helping children to identify and name their emotions allows them to manage these feelings more effectively. What's a "check-in" card, encourage them to talk to you about what they're feeling in an empathetic and supportive manner and ask them why they might be experiencing these emotions.
- 8 ENCOURAGE INDEPENDENCE**

Giving children opportunities to make their own decisions builds confidence and problem-solving skills. A good example of this could be having children choose and pack their own lunches for school, guiding them with options and allowing them to assume responsibility for the task to help them take ownership.
- 9 DEVELOP COPING STRATEGIES**

Teaching children techniques like mindfulness or breathing exercises can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing the habit of using these techniques at their own leisure can help them manage stress during stressful moments.
- 10 CELEBRATE SMALL WINS**

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, make a gesture such as a thumbs-up. Praise specific types of behaviours, such as their effort. Emphasise the hard work they've put in to be sure to let them know how proud you are!

**Meet Our Expert**  
Adam Blissett is Associate Vice Principal for Personal Development at Feltham Community School and works as an independent one-day-a-week for [Mindful Ahead](#), which works with schools on improving their mental health provision.

**#WakeUpWednesday**  
The National College

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