We aim to foster resilience at Aotea College by creating opportunities for people in the school community to be Valued, Connected and Secure.

In order for students to feel valued at Aotea they need to have support and strong links to their social group, family and identity. Students also think it is important to be acknowledged in all aspects of their being. This can be through compliments, acknowledging achievements and endorsing students place in the school. Aotea students also feel valued through mutual respectful relationships and an acknowledgment of their cultural identity.

In order for students to feel connected at Aotea College students need to have positive relationships, with friends and family. Students need to have teachers who are supportive and outgoing. Students also feel connected through extra curricular activities such as sports and cultural groups.

Students feel secure at Aotea College when they have good relationships with teachers and a good environment in the classroom.

Strategies should all work to improve resilience by helping the students to feel that they are valued, connected or secure.

Making Connections: The Resilience Project
Notes

1) Making Connections: The Resilience Project

Resilience is the ability of a person to negotiate a safe path through life. When they lose balance they do not fall too hard. When they do fall, they develop creative ways of coping and becoming stronger.

Attributes of a resilient person

- Is an active participant in the school community where they are able to provide service to others
- Is able to implement effective life skills, decision making, assertiveness, impulse control and problem solving in a range of situations
- Is able to form positive social connections, is sociable and is able to be a friend
- Has a sense of humour
- Has self empowerment; identifies that they are able to influence their own environment
- Is autonomous, independent
- Has a positive view of the personal future
- Is versatile
- Has some form of spirituality; that is a belief and moral system
- Has capacity for a connection to learning
- Is self motivated
- Has personal competence
- Has positive sense of self worth, self confidence and identity

(Henry, 2007)

2) strategies

Each level 2 group will develop a strategy to take action to improve resilience by helping the students to feel that they are valued, connected or secure. This will make up the action for Task 2 of 2.3. The impact on wellbeing and the evaluation of the actions will look at the overall impact of the Making connections project on well-being.

The Level 3 Health classe does not have to carry out Health Promotion for their Summative assessment but are encouraged to contribute to a collective action to improve understanding and increase the quality of the collective action by involving more students.