



St. Colman's Primary School  
and  
All Saints' Nursery Unit  
(Annaclone)

Banbridge,  
Co. Down  
BT32 5LS

*Progress Through Partnership, Leading To Excellence*



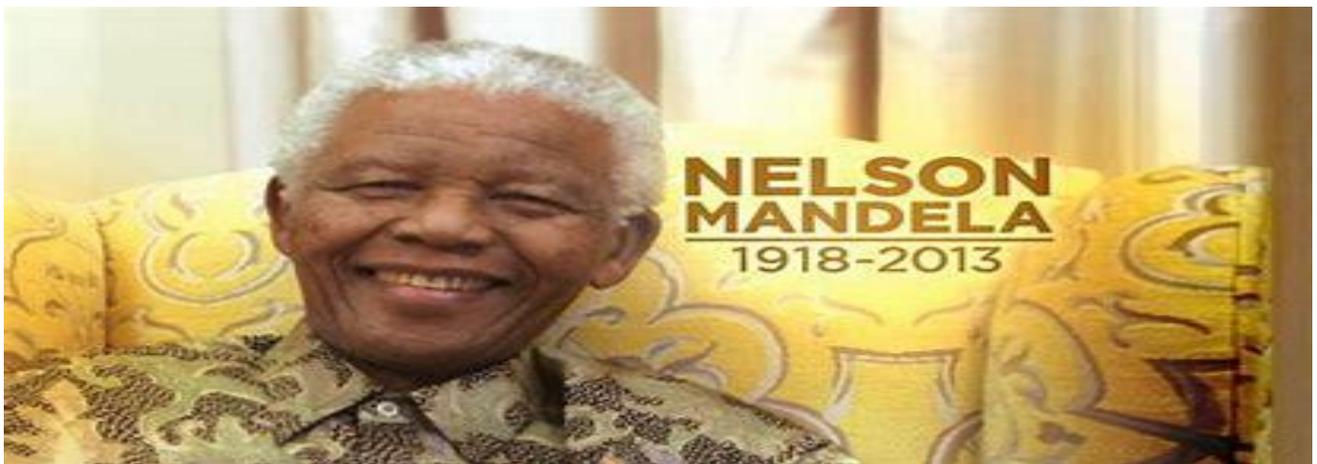
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**Vision statement:** To be an inclusive, caring School where childhood and community are valued; one which inspires learning for life and develops the personal qualities needed to succeed in a rapidly changing world. This vision will be best realised as we undergo a continual journey of **progress through partnership, leading to excellence.**

# Value of The Month - Resilience

"The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela



## What does resilience look like?

**People who show resilience:**

- ✓ Bounce back from disappointment.
- ✓ Carry on against the odds.
- ✓ Put on a brave face.

### People who show resilience realise:

- You should focus on the future.
- Having a positive attitude helps you to succeed.
- Not giving up helps you to feel proud of your achievements and yourself.

### People show resilience by:

- ❖ Believing in themselves.
- ❖ Having a positive and stoic attitude.  
Bouncing back from disappointment. **#bouncebackability**

### Definition:

- o Resilience is being able to withstand stress.
- o Resilience is bouncing back.
- o Resilience helps me to feel confident.

## Related Words or Phrases:

flexibility bouncing back  
staying calm adaptability  
keeping going determination

**"Progress Through Partnership, Leading to Excellence"**

# A story about resilience

## “The Farmer and the Donkey”

One day a farmer’s donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do.

He invited all of his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone’s amazement, he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer’s neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off, and take a step up.

The end.