

# The Westlands School

## Student Leadership



# Resilience

## Award Booklet

Name:

# What are the student leadership awards?

Welcome to our Student Leadership Awards booklet!

This booklet celebrates the incredible contributions of our student leaders at Westlands School. From guiding our youngest pupils and assisting staff during busy breaks to helping make parent evenings a success, your efforts are vital to our school community.

We created these awards to honour your hard work and commitment. We'll be recognising students for their excellence in the following areas:

- **Communication**
- **Respect**
- **Teamwork**
- **Problem-solving**
- **Resilience**
- **Achievement**

# Why is resilience important?

**Resilience is the ability to bounce back from setbacks, learn from mistakes and keep moving forward when things get tough. It's the inner strength that turns failure into success.**

In School:

- **Overcoming academic hurdles:** Every student faces difficult subjects or disappointing grades. Resilience means you don't give up; you adjust, ask for help and persevere.
- **Managing pressure:** School involves deadlines, exams, and social pressures. Resilience helps you to stay calm under stress, manage your workloads and maintain a positive outlook.
- **Growth mindset:** Resilient students embrace a growth mindset. They see mistakes not as a reflection of their ability, but as valuable feedback and opportunities to improve next time.

Beyond School:

- **Mental well-being:** Life throws curveballs— major changes, personal losses, or unexpected difficulties. Resilience equips you with the emotional tools to process these challenges, seek support, and protect your mental health.
- **Achieving long-term goals:** Any ambitious goal (like running a marathon) is achieved through a series of small steps and occasional failures. Resilience provides the determination to push past the obstacles.

# How will I be assessed?

**Ready to earn your award?** This is how it works!

On the next page, you'll see the criteria your teacher or assessor will use to evaluate your skills. They will give you points for each category based on your performance, from "Exemplary" (the highest score) down to "developing."

Your final score is the total number of points you earn, which will determine your award level for **resilience**.

- **Pass:** 10–14 points
- **Good Pass:** 15–20 points
- **Excellent Pass:** 21–28 points

If you achieve 0-9 points you will need to continue working towards this award the next academic year.

**You can collect evidence throughout the academic year until the submission deadline in May 2026.**

<b>Resilience</b>			
<b>Category</b>	<b>Exemplary (4 Points)</b>	<b>Proficient (3 Points)</b>	<b>Developing (2 Points)</b>
<b>Adaptability &amp; Flexibility</b>	Adapts quickly and effectively to changes and setbacks. Demonstrates exceptional flexibility and resourcefulness.	Adapts to changes and setbacks with reasonable ease. Demonstrates flexibility and resourcefulness.	Struggles to adapt to changes and setbacks. Shows limited flexibility and resourcefulness.
<b>Emotional Regulation</b>	Maintains composure and manages emotions effectively in challenging situations. Demonstrates strong self-awareness and emotional control.	Manages emotions effectively in most situations. Demonstrates self-awareness and emotional control.	Struggles to manage emotions in challenging situations. May become overwhelmed or reactive.
<b>Problem-Solving &amp; Resourcefulness</b>	Proactively identifies and solves problems, seeking out and utilizing available resources effectively. Demonstrates strong problem-solving skills and creativity.	Identifies and solves problems with reasonable effectiveness. Utilizes available resources.	Struggles to identify or solve problems independently. May rely heavily on others or avoid problem-solving.
<b>Positive Outlook &amp; Optimism</b>	Maintains a consistently positive outlook and demonstrates optimism in the face of adversity. Focuses on solutions and possibilities.	Maintains a generally positive outlook and demonstrates optimism. Focuses on solutions.	Struggles to maintain a positive outlook. May focus on negative aspects of situations.
<b>Support Seeking &amp; Utilization</b>	Proactively seeks and utilizes support from others when needed. Builds and maintains strong support networks.	Seeks and utilizes support from others when needed. Recognizes the importance of support networks.	Hesitates to seek support from others. May isolate themselves or struggle to build support networks.
<b>Persistence &amp; Determination</b>	Demonstrates unwavering persistence and determination in pursuing goals, even in the face of significant obstacles.	Demonstrates persistence and determination in pursuing goals.	Struggles to maintain persistence and determination. May give up easily or become discouraged.
<b>Self-Efficacy &amp; Confidence</b>	Demonstrates strong self-efficacy and confidence in their ability to overcome challenges. Believes in their own abilities.	Demonstrates adequate self-efficacy and confidence. Believes in their abilities.	Struggles with self-efficacy and confidence. May doubt their abilities or feel overwhelmed.

# What can I do to work towards my resilience award?

There are lots of different ways you can work towards this award. Below are some ideas:

- Nominated/identified by a team for showing resilience within school
- Bromcom points for resilience
- High attendance to school
- High attitude to learning on your reports
- Good progress shown across subjects
- Resilience shown through a sport/club

## How do I log my activities?

On the following pages you will see a table where you will need to log your activities, an example is provided below. You will need to select a staff member to sign this off. They will grade you from exemplary, proficient to developing.

Activity	Date	What did it involve you doing?	Staff Member to sign off	Staff member to RAG rate your contribution		
Resilience shown in football	13/2/26	I have joined the school football team and I could not master being in goal. I have continued to commit to this and improved over time.	KTR	Developing	Proficient	Exemplary

Activity	Date	What did it involve you doing?	Staff Member to sign off	Staff member to rate your contribution		
				Developing	Proficient	Exemplary
				Developing	Proficient	Exemplary
				Developing	Proficient	Exemplary

Activity	Date	What did it involve you doing?	Staff Member to sign off	Staff member to rate your contribution
				Exemplary
				Proficient
				Developing

Activity	Date	What did it involve you doing?	Staff Member to sign off	Staff member to rate your contribution		
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				Developing	Proficient	Exemplary

Activity	Date	What did it involve you doing?	Staff Member to sign off	Staff member to rate your contribution
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Activity	Date	What did it involve you doing?	Staff Member to sign off	Staff member to rate your contribution		
				Exemplary	Proficient	Developing
				Exemplary	Proficient	Developing
				Exemplary	Proficient	Developing

Activity	Date	What did it involve you doing?	Staff Member to sign off	Staff member to rate your contribution									
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## Notes/Reflections

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**Expect More**