How can parents/carers help at home?

- Ask your children about character muscles

- Talk about the words and what they mean…some are trickier that others!

- Ask them which character muscles they think is a strength or weakness

- Watch this youtube video: https://www.youtube.com/watch?v=U3nT2KDAGOc (or search 'The Science of Character' on youtube

- Praise your child for showing the character traits

- When you get an invite via email, come along to our celebration assemblies to see the character behaviours in action.

Character Education

What is Character Education? It is recognising, understanding and developing the character traits that make us unique and then using these 'character muscles' to allow us to 'BE THE BEST YOU CAN BE'. At the heart of character education is creating a culture in and out of school where pupils are given every opportunity to rehearse and strengthen their sense of themselves.

Why is it important for my child? Children starting school in 2018 will not retire until 2082 at the earliest! There is a growing recognition of the need to equip pupils with a set of personal characteristics that will make them successful in all occupations and go a long way to making them happy and healthy adults.

What are the school doing to improve pupil's character muscles? The school is taking part in a training programme called Route to Resilience along with other schools in the City. Over the last few months, we have been introducing the vocabulary of character traits to pupils in the school. Teachers talk to the children every lesson about what character muscle they are working on. Assemblies and whole school events focus on character development and our facebook and twitter mention character muscles. We want the children to become 'character aware' and develop an understanding of how we can all improve our character muscles.

What will I notice at home? Your child may already be using character vocabulary at home. You may find that your child wants to talk to you about the character traits they find more difficult or the ones they are very proud of. At parents' evenings and school reports, staff will comment on character muscles and your child will get the opportunity to reflect on which ones they feel they have really worked on this year.

The character muscles vocabulary

Concentration	Making links	Independence
Curiosity	Managing impulsivity	Imagination
Creativity	Perseverance	Passion for learning
Reasoning	Revising and improving	Friendship
Good humour	Resilience	Risk taking
Optimism	Self esteem	Feeling safe and secure
Imitation	Listening	Communication
Questioning	Problem solving	Empathy and compassion
Respect	Humility and Gratitude	Integrity
Co-operation	Peace	Kindness
Courage	Confidence	
Meta-cognition	Self-efficacy	

Meta-cognition is the ability to be aware of the way you think-it's thinking about thinking!