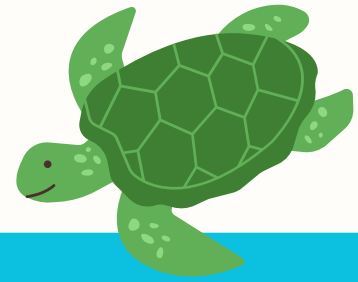


# Collective Worship

w/c 21st October



## Let's be the best that we can be - resilience and belief

**This week in collective worship we have been focusing on how belief and resilience can work together to help us to achieve our aspirations.**

## Thought for the week

Life can be difficult and things don't always go according to plan so we must build our resilience so that we can 'bounce back' from the setbacks we will inevitably face. When we build resilience and 'bounce back' we become better able to achieve great things. If we are going to be truly aspirational and strive to achieve the greatest things that we can, we need to be able to cope with the setbacks. Resilience is the key to success.

## This week in collective worship

In class collective worship we have reflected on the strategies to help us 'bounce back' when things don't go quite according to plan. We heard the key message that we must believe that we can do something before we have a chance of succeeding with it. We heard the story in the bible about the resilience that Joseph needed and showed during the difficult times that he faced and the way he was treated by others. His resilience led him to greatness.

We welcomed Mr Spatchett into school and he spoke to us about the resilience of the Earth and we considered, not what can we get from the Earth, but what can we give? We considered the problems we are causing the Earth and how we can build climate resilience by the way we humans behave. Mr Spatchett told us the story that Jesus told about the fig tree: unless we take action, things won't change.

Mr Taylor spoke to us about the resilience shown in sport and we heard about a 61-year-old sheep farmer who raced in wellies and an orange rain coat but won an Australian ultra-marathon! This inspirational man gave away his prize money to the people who came second, third, fourth, fifth and sixth. His resilience and belief in himself carried him through the race. Sometimes we don't feel like we 'look the part' and can walk away and give in - not Cliff Young! We also heard about Rose Harvey - a British long distance runner who completed the Paris marathon with a broken leg! Jasmin Paris is another inspirational sports person who completed a 100-mile ultramarathon before collapsing in a heap.

Belief and resilience was observed in abundance as Year 6 performed an incredible Ukulele Concert on Thursday afternoon; they should be very proud of their achievements!

### Pupil voice:

'I was inspired by the video of the bear trying to climb the mountain. It made me think that we need to keep trying when things get tough.'

Oscar

**I can do all this through him who gives me strength.**

Phillipians 4:13



## Black History Month

We heard about the incredible resilience shown by people who have faced discrimination and how that resilience and belief that justice must prevail has led to positive change.



## Prayer for the week

Heavenly Father,  
Thank you for the gift of resilience. Please help us have the strength to keep going when things get tough. Give us the energy to bounce back, focus on our goals and really go for achieving them.

Amen

**BE RESILIENT!**



**Each person uniquely made in God's image merits the best that we can give.**