

Hand-out for Parents

RAISING RESILIENT KIDS



RESILIENT CHILDREN are able to bounce back from adversity and cope with the challenges and stresses of daily life. This resilience comes from a combination of positive attributes, abilities and thinking skills that help people recover from negative experiences, reach out to others, understand their own strengths and weakness and look after themselves.

How parents can help

Resiliency comes from four main areas: supportive relationships, emotional awareness/skills, competence, and realistic optimism. Here are some quick tips for building those strengths in children.

Supportive relationships

- Be ready to listen when children are ready to talk.
- If you lead a busy life, be aware of little opportunities to connect – during meals and car rides, watching TV or doing chores together.
- Eat at least one (device-free) meal together.
- Schedule special time with individual children to do something that you enjoy together.
- Comment on your child's positive qualities.
- Show some interest in your child's interests.

Emotional skills

- Respect children's emotions. Allow them to express their feelings and try not to make children "feel bad for feeling bad."

- Show sympathy for children's feelings and comfort children when they are distressed.
- Share positive emotions with your children.
- Teach children the language of emotion. Use words to describe their feelings and your own feelings.
- Help children understand their own feelings and the feelings of others.
- Manage your own emotions as well as you can. Your modeling is the most powerful teacher.

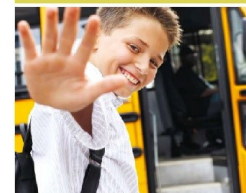
Competence

- Give children time for unstructured play, which teaches them decision-making, problem-solving, and self-confidence.
- Encourage and support children's interests; these interests help kids develop skills and knowledge that contribute to their sense of themselves as skilled, competent people.
- Use positive discipline that helps children understand the impact of their actions.
- Let children help you with household tasks that involve life skills: cooking, simple repairs, painting, window washing etc.

Optimistic thinking

- Gently challenge children's negative thoughts.
- Show children alternative, more positive (but still realistic) ways of looking at negative situations.
- Model realistic optimism and positive thinking in your own behaviour.
- Encourage respectful assertiveness and negotiation.

For more information, check out our Parenting for Life booklet: [*Kids Can Cope: Parenting Resilient Children at Home and at School.*](#)



Dr. Ross Tilley P.S. School Council Presents
Tilley Mental Health & Wellness Fair
Thursday April 4th at 6pm-8:30pm



Please come join us for demonstrations of Yoga and Meditation
Along with cooperative games in the gym, planting seeds, board games, coloring, reading with your family and more
Information booths will provide you with local organizations that support mental health and wellness in our community.

FREE Swag bag provided to each family

Light snack and beverages provided

Also save the date for our other upcoming events: Family Pizza Night with Domino's Pizza March 27th

Test Drive fundraiser for our music program May 4th

Carnival Night June 6th

Please fill out and return to the school by Monday March 25th

Yes, I am planning on attending the mental health Fair _____ number of family attending _____

No, I am not planning on attending the mental health fair _____

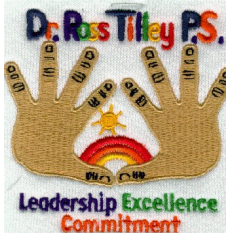
Pedal for Hope

On March 7th Dr. Ross Tilley had their Pedal for Hope kick off assembly.

This year the school will be selling \$10 T-Shirts, which can be purchased on school cash online. A portion of the proceeds will support Tilley's fundraising efforts. The Pedal for Hope team will be selling other items over the coming weeks and are asking for a minimum donation of \$20.

This year's Pedal For Hope Assembly will be on April 17th. Stay tuned for more information.

Click this website for more information: <https://pedalforhope.ca/>



CARNIVAL
Thursday June 6th
SAVE THE DATE

School Council is working on getting our Carnival up and running and if you would like to assist, please email your interest to:

tilleycarnival@gmail.com

Information

GOWNS for *Girls*

FREE
Prom Dresses,
Shoes, Jewellery...

GIVEAWAYS
for hair & makeup

**Choose from Hundreds
of Dresses!**

Tuesday April 16 - Wednesday 17th, 2019
3:30pm-6:30pm

Bobby Orr Public School
7 Waterloo Street, Oshawa

Donations can be made at:
Any DURHAM REGIONAL POLICE STATION, or
One Love, One Dream Bridal (1416 Hwy #2, Courtice)

** Accepting donations of dresses, shoes, and jewellery **

For further details, please contact gownsforgirls@drps.ca
OPEN TO GRADS IN GRADE 8 & GRADE 12

 Hosted By Bobby Orr School and  THE DURHAM REGIONAL POLICE

SUITS FOR YOUTHS

Free Suits, Shirts, Pants & Accessories
For Grade 8 and 12 Students!

School I.D. required



April 17th and 18th, 2019 3:30pm-6:30pm
Oshawa Centre ~ Food Court Entrance
To lower level
419 King St W Oshawa, Ont.

Accepting donations at any Durham Regional Police Service
Station or the Oshawa Centre Guest Services

For more info contact: suitsforyouths@drps.ca

Suiting up our Youth for Success!

Hosted By:
Durham Regional Police Service in partnership with the
Oshawa Centre

The 2018 Terry Fox School Run

We are proud to announce that **Dr. Ross Tilley Public School** has generously donated **\$2,741.30** for cancer research.

39 years ago, determined to make a difference in the lives of those living with cancer, Terry ignited a fundraising movement that cannot be stopped. Today, because of schools like yours, his message of hope echoes loudly in the voices of students and families everywhere.

The Terry Fox Foundation extends to you a heartfelt thank you for your wonderful generosity to continue Terry's legacy. Be proud and know that together, we are making a difference.



How Much Sugar Is In Your Drink?

It's no secret there is a strong link between sugary drink consumption, tooth decay, obesity and diabetes. Check out this poster and find out the amount of sugar in your favourite drink. You can avoid tooth decay and other health problems by limiting your intake of sugar, brushing your teeth twice a day, flossing, and visiting your dental professional regularly.

Satisfy your thirst choose water first! Staying properly hydrated is important and water does not contribute to tooth decay. In fact, drinking tap water with fluoride helps to prevent cavities. Carry a water bottle to refill throughout the day.

Milk is also a great drink that is loaded with vitamins and minerals. The calcium and vitamin D in milk will build strong teeth and bones in growing children. Remember, read your labels and choose the best option available with the least amount of sugar!

For more information call 1-866-853-1326 or visit durham.ca/oralhealth



durham.ca

If you require this information in an accessible format, contact 1-800-841-2729.

