



Parent Handbook

Taking you step-by-step through starting school





Juliet Benis, Headteacher, says...

Welcome

Welcome to Ambler Primary School and I look forward to getting to know you and your child.

It's great news that your son or daughter are starting at our wonderful school. Thank you for choosing us!

We need some information from you

We need some information from you, so could you please follow the steps in this Parent Handbook, and hand in your completed forms to the school.

Answering your questions

On page 11 is Key Information and pages 12-13 are answers to Frequently Asked Questions. If you have any questions that are not answered here, please contact the school office on 020 7226 4708 or see our website: www.ambler.islington.sch.uk and we will be happy to help!

Policies and term dates

On page 14 are details of some important policies you need to know about...and page 15 has term dates.

STEP 1: PUPIL ADMISSION FORM

Ambler Primary School

Child's details:

Family Name	
First Name	
Gender	
Date of Birth	

Place/country of Birth	
Date of arrival in UK	

(Please provide original copy of birth certificate / passport or other proof of date of birth)

Year	Ethnic Origin	Complete attached sheet
Class	Religion	

Parents/Carers Emergency Contact Details

First Name	
Family Name	
Address	
Home telephone No.	
Work telephone No.	
Mobile No.	
Email	
Relationship	

Emergency Contact 2

First Name	
Family Name	
Address	
Permanent / temporary	
Home telephone No.	
Work telephone No.	
Mobile No.	
Email	
Relationship	

Ambler Primary School

Emergency Contact 3

First Name		
Family Name		
Address		
Permanent / temporary		
Home telephone No.		
Work telephone No.		
Mobile No.		
Relationship		
<u>Siblings</u>		
Name	Age	School
Educational History		
Educational History What is the name of your child's current or previous	us school	
·	us school	Address of previous school
What is the name of your child's current or previo	us school	Address of previous school
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What is the name of your child's current or previous Name of previous school Reason for leaving previous school	hool know th	ey are leaving? Yes No
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STEP 1: PUPIL ADMISSION FORM

Step

Step 1

Ambler Primary School

Progress at school in different subjects		
Home interests/activities		
Friendships and social matters		
Does your child have a statement of special educational needs? If so please give details		
Agency / community Links:		
Has the family had any support from?		
	Please tick	
Social Services		
Child and family support		
Speech therapist		
Other		
Community language groups		
KEY INFORMATION TO BE GIVEN TO CLAS (to be completed by parents and headteacher)	SS TEACHER	
Name of Child:		
Date of Birth:		
Male Female (please tick)		
LANGUAGE INFORMATION		
Language(s) spoken:		
(please refer to attached sheet)		O
Do you require an interpreter when communicating with the		No No
Is the family interested in attending ESOL classes () Yes () No	

STEP 1: PUPIL ADMISSION FORM

Ambler Primary School

SPECIAL EDUCATIONAL NEEDS
Does your child have any additional needs? Yes No If yes, please describe them below:
Does your child have a Statement of Special Educational Needs: Yes No
MEDICAL/DIETARY INFORMATION
(to be completed by parent and headteacher)
Name and Address of GP:
Does Your Child Eat Meat? Yes No
Vegetarian Only Halal Only Kosher No Pork No Beef Vegan
Does your child have any Allergies? Nut Egg Cheese Peanuts Wheat Dairy Gluten Fish Plasters
Other (please state)
Office (piedse sidie)
Does Your Child have any illnesses that we should be aware of?
Asthma Diabetes Epilepsy Sickle Cell Hay Fever Eczema
Other (please state)
Has your child had any of the following illneses?
Measles Whooping cough Chicken pox Mumps Earache or discharging ears
Other (please state)
Has your child had the following immunisations?
Diphtheria Polio Tetanus HIB MMR Whooping cough
Other (please state)
Does your child require medication at school?
Has your child ever attended hospital? Yes No
(If so please give details.

Step 1 Step STEP 1 PUPIL ADMISSION FORM

Ambler Primary School

Is attendance at hospital or clinic still necessary? If so please give details:
Does your child have any special health needs such as e.g. speech therapy?
School outings, internet & photos:
I give permission for my childto take part in local School/Children's Centre outings as part of the curriculum.
Signed
Relationship to child
Date
As part of the curriculum your child will be working with computers, including using the internet. As at all times during school day, your child will be supervised on these occasions.
I give permission for my child
to take part in ICT activities including the use of the internet.
Signed
Signed
Date
Photos
I give permission for my child
to have their photo taken to be used in the School/Children's Centre or for educational purposes.
Signed
Relationship to child

Step

STEP 3 Supplementary induction information Ambler Primary School

Ambler Primary School Pupil E-Safety Rules

I will only use the internet and e-mail with an adult.
I will only click on icons and links when I know they are safe.

I will only send friendly and polite messages.

If I see something I don't like on a screen, I will always tell an adult













My Name:	
My Signature:	
Thy signatore	
My Class:	

Ambler Primary School Pupil E-Safety Rules

Sometimes I will need to use the school's computer facilities including internet access as an essential part of my learning. It is important that I understand the e-safety rules and know how to act responsibly so that I keep myself and others safe. The Ambler e-safety rules are:

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I will only use websites my teacher has told me about	J†.
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I will never give personal details about myself or passwords.

		_				-		
┑.	-11			or personal				
1 \ A	ill novor	nact	nogativo	ar narcanal	commonte	about	anothor	norcon

I will never gare	e to meet with so	meane I have co	mmunicated with	over the interne

I will never send a chain e-mai	or pass on one that I receive to my contacts.
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	I will never pass on	another person's	e-mail address oı	r details without their	permission
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	I will immediately	y tell an adult it	I see something	I am unhappy with.
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I will immediatel	v tell an a	dult if I re	eceive a m	nessaae I d	don't like.

l	i nave read	Title Scriool	Kules ioi e-s	alely, all ado	iii rius expiuirie	a mem to me.	

	I understand these i	rules are there	to help	keen me so	afe and my	v friends and	family	safe Laa	ree to fo	allow th	e rule
- 1	i diacisiana mese i	i bics are iricie		NCCD IIIC 30	aic aira iri	r iliciias alia	IMITIMIA	Juic. I uu	100 10 11		

I understand that the school can check my computer file	s, (and the internet sites I	visit	and that if they	have	concerns
about my safety that they may contact my parent / care	r					

upil Name	 	 	
-			

Class		

Punil's Signature			

Step

This form is to be completed in conjunction with the existing standard induction forms

Basic Family Details:					
Name child is called at home:					
Name to be called at school (if Different)					
Is an interpreter needed for the teacher to communicate with the parents? Yes No					
If so, do the family have a contact available? Yes No					
Details:					
History					
Arrive Date in UK (if not UK born)					
Place of birth:					
Does the Child / Family have refugee status? Yes No					
Length of previous schooling abroad if appropriate:					
Name(s) of previous UK Schools or LEAs:					
Number of terms of UK Education:					
Dates of long extended absences from school, both here & abroad:					
Suggested procedures for additional admissions:					
Admission meeting arranged with the head*					
Admin collect the information from the pack					
• Information passed to Class teacher / TA and the School Nurse, if appropriate					
Previous School records requested, where applicable					
New Child starts school on date agreed by headteacher					
Welcomed by class teacher, new class and class buddies					
*Tours available 1st Thursday of the month					

White - British

Ethnicity - Please select ONE from the list

•	
White - Cornish	
White - English	
White - Scottish	
White - Welsh	
Other White British	
White - Irish	
Traveller of Irish Heritage	
Any Other White Background	
Albanian	
Bosnian- Herzegovinian	
Croatian	
Greek/ Greek Cypriot	
Greek	
Greek Cypriot	
Italian	
Kosovan	
Portuguese	
Serbian	
Turkish/ Turkish Cypriot	
Turkish	
Turkish Cypriot	
White European	
White Eastern European	
White Western European	
White Other	
Gypsy / Roma	
Chinese	
Hong Kong Chinese	
Malaysian Chinese	
Singaporean Chinese	
Taiwanese	
Other Chinese	
White and Any Other Asian Background	
Any Other Mixed Background	
Asian and Any Other Ethnic Group	
Asian and Black	
Asian and Chinese	
Black and Any Other Ethnic Group	
Black and Chinese	
Chinese and Any Other Ethnic Group	
White and Any Other Ethnic Group	
White and Chinese	
Other Mixed Background	
Any Other Ethnic Group	
Afghan	
Arab Other	
Egyptian	
Filipino	
Iranian	
Iragi	
Japanese	
Korean	
Kurdish	
Latin/ South/ Central American	
Luiin/ 300in/ Cennul American	

Key information

What are our school times?

School times

- Start of the day: 8.55am.
- Morning Break: 10.55am-11.10am.
- Lunchtime: 12.30pm-1.30pm.
- Afternoon break at 2.30pm-2.45pm (Years 1-3).
- End of Day: 3.30pm

Arrivals and departures

Children must be in school by 8.55am to take part in morning exercise. Registers close at 9.00am. If children arrive after 9.00am they are recorded as 'late' and their parent needs to provide a reason. If children arrive after 9.30am they are recorded as unauthorised i.e. marked as being away. This will affects your child's overall attendance %.

Wraparound Clubs

Breakfast Club

There are 2 breakfast clubs, Breakfast Club and Soft Start.

Breakfast Club runs 8.00am-8.55am and costs £1.50 per session. Your child will be provided with a healthy breakfast which includes bagels, toast, cereals and juice. Payments must be made either on the day or in advance. In addition, we offer a free breakfast club, Soft Start that provides a nutritious meal for pupils before the school day. This runs from 8.30am-8.55am.

After School Club

Clubs will run from 3.45pm-4.45pm and will cost £2 per session, paid a half-term in advance in order to secure your child's place. Please ensure that you collect your child on time otherwise you will be charged the full Playcentre fee of £7.

Playcentre

Playcentre runs from 3.30pm-5.45pm which includes a choice of clubs, snack and a drink. The daily fees are £7 per child per day (some concessions are available). All fees need to be paid regularly and on time

Uniform

Uniform provides our children with a sense of belonging to the 'school'. When in school uniform our children are encouraged to conduct themselves both during and beyond the school day according to the values we promote at school. In this way our school uniform helps us to nurture the development of good manners, respect and consideration for others in the wider community. Our uniform consists of:

- Light blue crew neck sweat shirt or dark blue sweatshirt cardigan.
- · White polo t-shirt with logo.
- Black or dark grey school trousers/skirt/ pinafore dress.
- Black sensible shoes/trainers.
- During summer months, pupils may wear a blue gingham dress or black/dark grey shorts.
- Optional blue Ambler zip fleece and waterproof jacket.
- Hijabs must be black or white and are available for sale within the school.

Where to buy

Uniform can be purchased on line at www. mapac.com/education/parents/uniform/amblerprimaryschooln42dr.

Uniform for P.E. (Reception)

 No special clothing is required for reception children to take part in P.E.

Uniform for P.E. (Year 1 – Year 6)

- Coloured t-shirt for whichever house they are allocated. This will be red, blue, orange or green.
- Black P.E. shorts or track-suit bottoms.
- Plimsolls/trainers.
- There is an Ambler gym bag to keep eg. plimsolls/trainers in. These are available for purchase on line at www. mapac.com/education/parents/uniform/ amblerprimaryschooln42dr.
- For swimming children must wear fitted trunks/fitted swimming shorts or costume and a swimming cap. If your child requires goggles, a goggle request form, available from the school office, must be completed.
- P.E. Kit should be worn for after school sporting clubs. All P.E. kits should be free from any logo or brand name, apart from the school logo.
- All clothing should be clearly labelled with your child's name. The school cannot accept responsibility for any lost items.

Food in school

School meals

Our school meals service offers a choice of menu with alternative main meals for vegetarians and a dessert. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches and uses locally sourced ingredients when available and in season. We serve Halal meat from approved suppliers. We provide all children with fresh water. Copies of menus are displayed in reception areas and display boards throughout the school.

Free school meals

Islington currently provides free school meals to all Nursery and Primary School pupils. This is regardless of your family income, as long as a free school meals form has been completed and returned to the office. Please contact the main school office for more details.

Packed lunch

Packed lunches (when there are school trips) are prepared by the school caterers and adhere to the National Nutritional Standards for Healthy School Lunches. Children are not encouraged to bring in packed lunches. The school dinner packed lunch contains healthy items but can be supplemented on a school trip.

Fruit and drinks

All children in Reception, Year 1 and Year 2 are provided with free fruit every day. The school discourages the consumption of snacks high in fat and sugar at school. Snacks are only allowed after school prior to attending clubs (3:30pm-3:45pm) and the school encourages healthy choices such as rice cakes, fruit, water or juice.

Water and milk

The school provides a free supply of drinking water throughout the school and playgrounds. Children up to the age of five are entitled to free school milk. There are water fountains inside the building and in the playground.

Please note that we are a **nut free school**.

Frequently Asked Questions

Here are our answers, to what we find, are the most frequently asked questions. If you have any questions that are not answered here, please contact the school office and we will be happy to help!

Attendance

We aim to encourage and assist all children to achieve excellent levels of attendance and punctuality and reduce persistent absence in order that all pupils are assisted in reaching their potential. We celebrate and offer rewards for good attendance. Termly letters are prepared and sent out to every family about their child's attendance. If all is well – they are congratulated, however if there is a concern follow up meetings are arranged.

Education Welfare Service

If your child is regularly late or absent from school, they will be referred to Educational Welfare Service, who will offer support to any families that may be experiencing difficulties in enabling their child to attend school regularly.

III child

Parents are asked to phone the school asap. If they are unable to do this, then we ask for a letter of explanation on their return. We expect children to attend school when suffering from routine childhood ailments e.g. colds, coughs and tummy bugs, unless they are clearly unable to do so and we provide an indoor play space for children who are well enough to attend school but not well enough to run around outside.

Holidays

The Headteacher will not usually authorise holidays except in exceptional circumstances (such as bereavement). The absence for a holiday will be noted and if unauthorised and extended the information will be passed on to the Education Welfare Service and a penalty notice may be served

Request for absence

Parents and carers must ask permission in advance and in writing to the head teacher who will respond to the request in writing. All requests for holiday leave during term time must be made to the Head teacher before arrangements to travel are made.

Medical appointment

We encourage parents to book appointments at the end of the day or after 1:30pm. We understand that a few clinics only operate within restricted hours and in this case we encourage parents or carers to bring their child to school, collect them for their appointment and bring them back to minimise missing key points of learning.

Jewellery and other valuables

On health and safety grounds, we do not allow children to wear jewellery to school; except for small studs and watches.

Sport

It is important that as children grow and develop they understand the importance of physical activity in developing and maintaining their health and well being. At Ambler we aim to inspire our children to be healthy and active and to develop a passion for physical activity. The children are given opportunities to compete in interschool events in a variety of sports and every child can take part in competitions within the school. We promote the idea of good sportsmanship and fair play in all our activities with an understanding that taking part is the most important thing. Alongside competitions we celebrate individual successes in Physical Education, recognising that personal achievement and attitude are often just as important as a win for the team.

Swimming and Cycling

Children are given the opportunity to swim from Years 2 & 3. Our aim is for all pupils leaving the school to be able to swim at least 25m. Everyone in Key Stage 2 also has the chance to complete the National Cycling Proficiency scheme.

Music

At Ambler we recognise that music is very much part of everyday life and can be a lifelong love and activity. We have a specialist music teacher who combines many concepts and techniques. The children are inspired to imagine, to invent and to express their feelings. They are taught to listen and respond; perform and compose. Children at Ambler are given the opportunity to sing, play and read sensitively and accurately, and to evaluate critically. All pupils in Key Stage 1 and 2 have a regular music assembly and can be a part of a choir. In addition, all children in years 2-6 have the opportunity to learn to play an instrument and to perform at school events. We currently offer Violin,

Piano, Guitar and Recorder.

Clubs

We have a range of clubs from to channel children's energy whatever their interest:

- Choir
- ICT Dance.
- - Music.
- Languages.

These clubs change termly and are influenced by suggestions from adults and

Seek permission

We use an annual parental consent form to seek your permission if any activity takes place after school or away from school premises. We use our own school buses when transport is required.

Good Behaviour

At Ambler, we see all behaviour as a choice – both positive and negative. We encourage children to have good manners and to make positive behaviour choices. We also recognise the vital importance of preparing our pupils for their life beyond their school career and therefore encourage safe behaviour and promote understanding of why this is important. Our primary behaviour strategy is 'Good to be Green', a positive inclusive behaviour system based around the concepts of choices and consequences.

Rewards

Consequences are used consistently to both reward positive choices and encourage more positive choices in the future. They are applied by all staff rigorously to ensure consistency. Examples of rewards are:

- Verbal praise.
- Stickers/Stars/Gold card/ 'Good to be Green' raffle.
- House points.
- Reward within classroom.
- Telephone call/letter home.
- Dreams Tea Party/Class Party.

Special Educational Needs

All the teachers in the school are teachers of children with Special Educational Needs. As such, Ambler adopts a "whole school approach" to SEN that involves all staff adhering to a model of good practice, based on a Quality First Teaching Model. The staff of the school are committed to identifying and providing for the needs of all children in a wholly inclusive

Inclusion Leader

Our Inclusion Leader holds a practicina certificate from AMBDA which qualifies her to assess and teach children who are dyslexic. The school will make provision for pupils with SEN to match the nature of their individual needs and the class teacher and SENCO will keep regular records of the pupils' SEN, the action taken and the outcomes.

Learning needs

There will be flexible grouping of pupils so that the learning needs may be met in individual, small grouping or whole class contexts. The curriculum will be differentiated to meet the needs of individual pupils. We will always discuss with parents before we seek advice from an external agency. The school will work to ensure that children are fully aware of their own needs and the targets in their plans. We will encourage all children to be independent learners and to work towards a positive progression to adulthood from the earliest stage

Access

All pupils are admitted to our school in the same way regardless of ability or handicap. Main entrances to the school have disabled access and we have easily accessible disabled toilet facilities

Gifted and Talented

Our provision for more able, gifted and talented pupils may come through specific, planned opportunities in lessons, at home, or through extra-curricular activities. As an inclusive school we believe that more able, gifted and talented children should be provided not only with differentiated work to challenge and motivate, but also that their learning should impact on their peers, raising achievement throughout the school. We recognise that not all more able and talented pupils are obvious achievers. We strive to identify those pupils who have the potential to achieve, but do not regularly demonstrate high achievement and we will seek to identify the barriers to that achievement and help the pupil overcome them.

Emergency arrangements

We will always endeavour to open the school, but in cases of severe bad weather that may affect access to our essential services, closure may be unavoidable. During severe weather if the school will remain closed then we will send you a text and update the website.

Collecting your child

If school closure is announced during the day due to severe weather conditions, every effort must be taken to collect your child as soon as possible. If you personally cannot get to school, or you work out of the local area, please have a contingency plan i.e. please nominate an adult to collect your child in your absence and organise this beforehand as the weather forecast is likely to have alerted us to the fact that the weather may become

hazardous during the day. Please make sure that we have at least two current contact numbers, in case we need to contact you

Health and Welfare

We liaise closely with the school nursing team and Area Health Authority who oversee a wide range of services such as medicals, hearing /vision tests and health interviews. The nurses' team is also available for any advice or issues you may want to discuss.

If your child suffers from any medical condition, please make sure that the School staff are aware by completing the appropriate form, available from the school office. Teachers and support staff providing support to a pupil with a medical condition will receive training about individual pupils' medical conditions which will be organised by the school. Asthma pumps must be clearly labelled with your child's name on and left in the school office for ease of access. All medication must be dated.

Ill at school

If your child is ill whilst at school, or involved in an accident, we will contact you immediately Please make sure that contact numbers are kept up to date.

Working with parents **Parental involvement**

At Ambler we continually develop new ways to involve parents in school life to help create a real relationship and an understanding between us. These include:

- Meet the Team: this takes place early in the year and is an opportunity to meet all the staff at Ambler school. This is a whole school event and takes place in the hall.
- Meet the Teacher: also takes place early in the year. This event takes place in the classroom with the children and is an opportunity for parents to 'meet the teacher' and see their children in the classroom .Parents are given information about end of year expectations and events through the year for their class as well as receiving a curriculum and end of year expectations booklet.
- Bring a Parent: is an opportunity to be in the classroom with your child for a lesson and discussion .It focuses on a different curriculum area each year.
- We also offer a wide variety of workshops for parents which include everything from financial management to supporting your child's learning. There are also coffee mornings as well as transition meetings, for example from reception to Year 1. Please check our website for details. www.ambler.islington.sch.uk

Partnership with Parents

Ambler Primary School highly values parents and others who volunteer to help out with school activities. We hope to encourage your support, contributions and assistance. Many school activities would be at risk if it weren't for your help and many of our pupils benefit greatly from it.

Assessment

Every child's progress is regularly assessed and detailed records are maintained. A formal written report is issued at the end of the summer term. Pupils' individual targets and progress is shared at each parents' evening and parents are asked for their views.

Parent evenings

We have three parents' evenings a year. The first one focuses on Target setting, the second on progress and the third includes an awards event; giving out of reports as well as a whole range of information and support stalls for parents. Parents are also asked whether their child has exhibited any particular talents at home and could be signposted to extra-curricular activities or clubs.

News

We have a 'News and Events' section on our website where you can find copies of our newsletters; updates on 'Latest News' and the

Friends of Ambler (FoA)

Every parent or carer is automatically part of FoA when their child starts at Ambler School or Children's Centre. We welcome all and encourage participation at meetings to discuss upcoming events. Our activities include raising funds for facilities, equipment and events and forging links with parents and the local community. Further details are on our website, http://amblerprimaryschool.co.uk/ parents/get-involved/friends-of-ambler/. You may also like to email them: friendsofambler@ gmail.com or join them on Facebook: https:// www.facebook.com/groups/friendsofambler/

The Home School Agreement

We believe it is essential to have strong links between home, school and the community. All children, parents and teachers are asked to sign a Home School Agreement that outlines the intentions of all three parties. A copy of which is returned home to the parents.



Key policies

Why do we need policies?

For a school to offer high quality education and care, it needs policies. Policies help develop and define a set of consistent rules, regulations, procedures and protocols.

Parents need policies

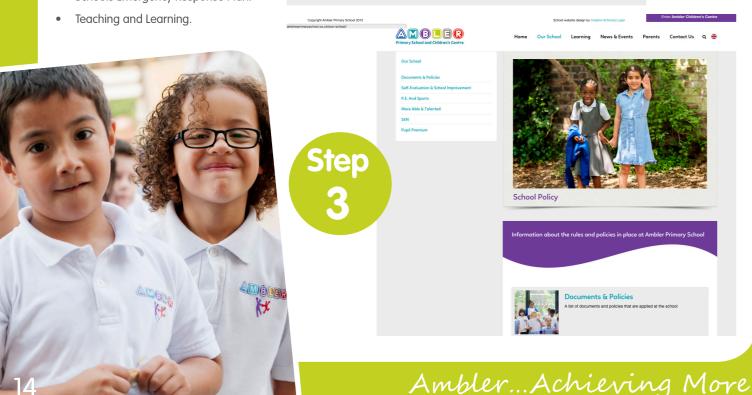
Policies are also useful to parents. For example, a prospective parent might wish to view a school's behaviour policy or special educational needs policy, before deciding whether to apply for their child to attend the school.

High standards

Policies are vitally important, and help us to create standards of quality for learning and safety, as well as expectations and accountability. If you want to know what policies we have you can visit the school website: http://amblerprimaryschool.co.uk/and click on 'School Policy' and then scroll down to 'Documents and Policies' to read some of our policies.

Some of our key policies are:

- Anti Bullying.
- Attendance
- Equality.
- Child Protection and Safeguarding.
- Special Education Needs.
- Positive Behaviour.
- Schools Emergency Response Plan.



Step

www.ambler.islington.co.uk Term dates 2016/17

Autumn Term 2016

Wednesday 7 Sept 2016 Pupils return Friday 21 Oct 2016 School closes -Half term

Monday 31 Oct 2016 Pupils return

Wednesday 21 Dec 2016 School closes -Christmas break

Spring Autumn Term 2017

Wednesday 4 January 2017 Pupils return

riday 10 February 2017 School closes - Half term

Monday 20 February 2017 Pupils return

iday 31 March 2017 School closes - Easter break

Summer Term 2017

Tuesday 18 April 2017 Pupils return

Monday 1 May 2017 School closed - May Day Bank Holiday

Friday 26 May 2017 School closes - Half term

nday 5 June 2017 Pupils return

Friday 21 July 2017 School closes at 2pm – Summer break



DREAMS

At Ambler, our aim is to help all children and adults in the School in Achieving More.

We asked all the staff, children and families to consider what values and behaviours help us to Achieve More.

We decided upon 6 core values, namely: **Determination**, **Resilience**, **Enthusiasm**, **Ambition**, **Motivation** and **Self-belief** which spell out the word DREAMS! The stakeholders selected symbols to represent each value and now the DREAMS ethos underpins all that we do at Ambler.



Determination

You can show determination by:

- Trying your best
- Working hard in anything you find difficult
- Focusing on specific steps or targets
- Breaking your goal down into small steps
- Taking one step at a time if necessary
- Accepting that some goals require hard work
- Being persistent and tenacious



Enthusiasm

You can show enthusiasm by:

- Putting all your energy into anything you do
- Being passionate about what you are doing
- Supporting and encouraging others
- Showing positive body language: smiling
- Taking a keen interest in any task even though it may seem difficult
- Participating positively in all activities



Motivation

You can show motivation by:

- Being prepared to work hard
- Dealing with failure or setbacks positively
- Really wanting to achieve success
- Understanding why you are doing something
- Being driven and keen
- Accepting and understanding constructive criticism
- Being aware of your own areas of development



Resilience

You can show resilience by:

- Never giving up
- Persevering when working towards your goal
- Trying to achieve your personal best
- Overcoming the fear of failure
- Keep on going even when it gets tough
- Having the ability to problem solve
- Bouncing back from obstacles



Ambition

You can show ambition by:

- Identifying and aiming for a goal
- Knowing the steps to achieving your goal
- Pushing and extending yourself
- Believing that nothing is impossible
- Keeping focused on the 'big picture'
- Articulating your ambition and your progress
- Knowing there are different routes to success



Self-belief

You can show self-belief by:

- Showing bravery
- Taking risks and trying new things
- Recognising what you are good at
- Having confidence that you will achieve
- Saying 'I can do this!'
- Visualising yourself succeeding
- Learning from your mistakes

