

Collective Worship Booklet

Autumn 2 2022

31st October – 16th December



‘Seven C’s of Resilience’

Dear YLs, HLs and Mentors

Our themes for Autumn 2 will be taken from what's known as the 'Seven C's of Resilience'. Resilience is something that gets spoken about a lot, but without much direction as to how to actually build it.


I am hoping that the material below which I have taken from <https://parentandteen.com/building-resilience-in-teens/> will give you a basis from which to plan your collective worship content on. Since we don't have enough weeks to cover all 7 C's, I have chosen five for us to look at and included verses to go along with each theme (see below).

The seven C's model of resilience was first published by the American Academy of Paediatrics in 2006. It draws from a framework originally presented by some of the great leaders of the positive youth development movement.

Each "C" is a critical element that parents, schools, communities, youth programs, and professionals can support in youth. The C's are all interrelated — forming almost a net of resilience-building strategies. To learn more about each "C", follow the links provided.

31-Oct	Confidence
7-Nov	Connection
14-Nov	Anti-bullying (JM content)
21-Nov	Character
28-Nov	Contribution
5-Dec	Coping
12-Dec	YL led- End of Term assembly

Themes and Verses

Week	House	Year Assembly
31-Oct	<p>All Saints</p>	<p>Confidence</p> <p>Verse: "But blessed is the one who trusts in the Lord, whose confidence is in him." (Jeremiah 17:7)</p> <p>Young people with <u>confidence</u> will have the belief in themselves that they will ultimately succeed. They'll be more likely to take the chances needed to learn about themselves. They may be willing to try harder and have less fear of failure. More importantly, they'll rebound from failure, seeing it as an opportunity for growth rather than a catastrophe. Confidence is not gained from an abundance of unearned praise. Rather, it comes from adults authentically noticing effort and nurturing and supporting skills (or competence).</p>
7-Nov	<p>Remembrance Day</p> <p>See assembly that you can use or adapt. We will have the Old Wandsworthians in on Friday and mark a whole school 2mins silence.  remembrance assembly.pptx You could include these verses as part of your content:</p> <p>"For everything there is a season, A time for every activity under heaven... A time to cry and a time to laugh. A time to grieve and a time to dance." (Ecclesiastes 3)</p>	<p>Connection</p> <p>Verse: And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another (Hebrews 10:24-25)</p> <p><u>Human connection</u> allows us to more fully celebrate during joyous times and to recover during challenging times. It is the connection with your children — based on knowing who they really are — that is the most protective force in their lives. Hopefully, your adolescent will develop amongst many other protective connections as well. The more, the better.</p>
14-Nov	<p>Anti-Bullying</p> <p>Highlight to students the effect bullying can have. You may have personal stories to share or content that you can draw from to help with this but here is 1 vid I found that could be used https://www.youtube.com/watch?v=paJD4r31rB0</p>	<p>Anti-Bullying</p>

	<p>You could include these verses as part of your content: D "For God will bring every deed into judgment, including every hidden thing, whether it is good or evil." ((Ecclesiastes 12:14))</p>	
21-Nov	<p>St Cecilia's day</p>	<p>Character</p> <p>Verse: The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart." (1 Samuel 16:7)</p> <p>Young people with <u>strong core values</u> make the strongest contributions, have the best sense of self, and have the most secure and healthy relationships. Think of character strengths as those things that ensure we do the right thing – even if nobody is watching. We need people who know how to do the right thing!</p> <p>Adults must notice and nurture children's inherent character strengths and teach and reinforce others. We also must never forget that our actions speak so loudly that sometimes our kids can't hear a word that we are saying. In other words, they are watching what we do. We must uphold those character traits that we hope to see in them.</p>
28-Nov	<p>Advent: Room for Everyone</p>	<p>Contribution</p> <p>Verse: For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (Ephesians 2:10)</p> <p>Young people want to matter. Ultimately, they want to have a sense of meaning and purpose in their lives. When children and adolescents are given an opportunity to <u>make a difference</u> they also gain strong protections for themselves. They learn firsthand of the joy of giving. This means that ultimately when they need to receive from others they can do so without shame. Why? Because they'll understand that the person supporting them does so out of pleasure not pity. When they contribute to other lives they gain appreciation. Youth surrounded by gratitude rather than condemnation thrive. Plus, they earn an extra set of protective eyes to watch over them.</p>

5-Dec	Advent: Room for God	<p>Coping</p> <p>Verse: Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7)</p> <p>Stress is a part of life — an uncomfortable reality. We do what we can to minimize discomfort. The choices we make <u>to cope</u> with our discomfort can be negative or positive. Negative ones can work in the short run, but bring great harm to us and our communities in the long run. So many of the quick-fix behaviours we hope our children never choose are negative coping strategies. Telling our children what not to do barely makes an impact and sometimes backfires. Instead, when we raise them with a range of healthy coping strategies (and model them as well), they make wiser, healthier choices during challenging times.</p>
12-Dec	Advent: Room for Hope	YL-led

Prayers: Starting and ending Collective worship

I continue to encourage YLs and HLs to indicate the transition from any announcements that are given into collective worship by saying:

'In the name of the Father, Son and Holy Spirit...'

Can I also remind all that we finish every day with students- whether in assemblies or mentor groups by saying the Grace prayer:

*'May the Grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit, be with us all, evermore.
Amen.'*

Further Help?

Don't forget there are lots of resources on the Z drive.

For Mentors, there is good guidance given in the Mentors Handbook which Anessa Lee created and sent out at the start of the year.

For everyone, please do not hesitate to ask me for help or feedback as you start to work on the content for your assemblies.

Christian Meditation

Christian meditation is different to other forms, such as Mindfulness, because the focus is Jesus Christ. Learning to meditate helps us face and resolve conditioned patterns of mind that need to change. It won't make any of us perfect but it helps to calm mental agitation and negative thinking.

'Meditation is a healing process. What is healed is the wound of our divided self that separates us from others, from God and so from our full potential.' (John Main OSB)

How to Meditate in Mentor Groups

Ask all mentees to sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Silently, concentrate on a word that you can say repeatedly in your head (for example 'Maranatha' which means 'Come Lord Jesus') or an object such as a candle that you can imagine or actually focus on. Try not to think of anything other than your word or object.

After a minute of silence, direct your mentees to run through their day so far in their heads. Pause between each instruction. *(Please use your judgement about how many of these to include but always include the final two instructions- in bold.)*

Ask them to think and reflect about:

- How they felt when they woke up this morning
- Who they interacted with at home
- Their journey to school
- How they felt when they walked in through the school gates
- Each lesson they had
- When they had worked hard
- What made them feel sad or angry during the day
- Things that had happened that made them feel happy
- **Where they feel that God had been most present in their day**
- **Then ask them to thank God for bringing them to the end of the school day and to place the rest of the day in His hands**

After a time of silent reflection, ask mentees to open their eyes and remain seated quietly. The Grace prayer can be used to finish off this time and/or The Lord's prayer.

The Lord's Prayer Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are Yours now and forever. Amen

