

## Dear York Prep Families,

As we embark on a new semester of the school year, we want to take a moment to reflect on the growth and perseverance we've witnessed across our community. The beginning of any school year brings excitement, change, and naturally-challenges. Students have adjusted to new classes, taken their first tests, explored new extracurriculars, and navigated the ups and downs that come with change. Through it all, they have shown remarkable **resilience**—one of our four **York Prep Learning Framework** skills.



# Learning Framework

## Resilience



### What It Means to “Build Resilience”

Resilience isn’t something we’re born with—it’s a skill we develop over time through experiences that stretch us and teach us. It’s the ability to adapt, recover, and grow from challenges. As one of our school-wide Learning Frameworks, “building resilience” is at the heart of helping our students become confident, capable, and compassionate learners and people.

Research from experts like Dr. Kenneth Ginsburg (author of *Building Resilience in Children and Teens*) highlights what he calls the 7 C’s of Resilience: Competence, Confidence, Connection, Character, Contribution, Coping, and Control. Each plays a key role in helping young people develop the mindset and tools to navigate adversity.

Let’s take a closer look at how our York Prep students have embodied these principles—and how families can continue supporting resilience at home.



# 7 C's of Resilience

## Competence: Mastering New Challenges

Students have taken on new subjects, projects, and roles this fall. From mastering algebraic concepts to performing in the fall play, they're discovering that progress often follows persistence.

**At home:** Celebrate effort as much as outcome. Ask questions like, "What's something you learned from that experience?" rather than focusing solely on grades or results.

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## Confidence: Believing in Their Abilities

Confidence grows when students see their hard work pay off. As they prepare for their mid-term exams and college acceptances, they're learning that preparation and perseverance build trust in their own abilities.

**At home:** Encourage independence. When your child faces a challenge, remind them of past times they've overcome something similar.

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## Connection: Building Supportive Relationships

Our advisory program, team sports, and extracurricular clubs provide meaningful opportunities for students to connect with peers and mentors. These relationships serve as a foundation for resilience.

**At home:** Keep communication open. Show curiosity about your child's friendships and what brings them joy in school.

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## Character: Acting with Integrity and Empathy

Resilience isn't just about bouncing back—it's about doing so with kindness and perspective. Students have shown character through acts of support, teamwork, and leadership across grade levels.

**At home:** Model empathy. Share stories from your own life about times when doing the right thing was difficult but worthwhile..

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## Contribution: Knowing They Make a Difference

When students contribute—whether through service projects, leading a club, or helping a teacher, they see the value they bring to their community. That sense of purpose fuels resilience.

**At home:** Encourage your child to use their strengths to help others, even in small ways.

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## Coping: Managing Stress in Healthy Ways

Midterms, sports schedules, and social pressures can create stress. Through wellness lessons and counseling check-ins, we've focused on tools like problem solving, cognitive restructuring, and healthy routines.

**At home:** Normalize conversations about stress. Encourage downtime, movement, and adequate sleep—vital parts of emotional balance.

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## Control: Focusing on What They Can Influence

We remind students that while they can't control every outcome, they can control their effort, reactions, and attitude. That mindset builds resilience over time.

**At home:** Help your child distinguish between what's in their control and what isn't—then brainstorm healthy responses to both.

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