#### Year 7 Newsletter - What and *how* has your child been learning this term?



Research tells us that regular, effortful retrieval of knowledge is one of the most effective ways to secure learning.

Below is an overview of the learning your child has been doing this term. To help embed knowledge, there are some suggested activities you could do to help your child. Alternatively, you could just ask your child to explain their learning.

Subject:	Topic:	Key learning: (Knowledge/skill)	Building on Leading to	Why? (Rationale):	How? (High Performance Learning):	What could parents do to support? What might accelerate progress?
Art	The Formal Elements in Art (students will focus on four of these this year and the other four in Year 8).  Students will mainly focus on "Line" in Term 1.	Understanding "Line", "Shape", "Form" and "Colour".  Students will learn about these four Formal Elements; how to apply them practically to produce artworks and how to use combinations of them	Building on: The skills and knowledge learnt at Key Stage 2.  Leading to: Completing the understanding of all eight Formal Elements in Art by the end of Year 8 and being then able to use/apply these to project-based work in Year 9.	By learning about the Formal Elements and how to use combinations of them, students will gain a greater understanding of how to produce a variety of competent artworks.	By understanding how they learn (Meta-cognition), students will be able to research, analyse and then develop their skills and comprehension.	Parents could help with the research element into a variety of given artists (the context), which are usually set as homework tasks. Parents could also discuss student's understanding of each of the Formal Elements, ensuring student's comprehension.
Computing	CCS Network and The Internet/The WWW Combatting the dangers of the online world.	Department Rules Logins Insight Emails Folder Structure	Building on: prior knowledge of online safety.	Safe use of different Social Media Channels (use of Instagram, Facebook etc)	<b>Linking</b> learning to the real world in terms of time spent online,	Please help students to practice logging into their school account on Office 365. Particularly for

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	Teams	Leading to: Clear	Work related (emails,	reviewing privacy	OneDrive and Teams
	Saving	understanding of	Use of software tools)	settings.	to access work and
	Copy/Paste/Cut	department	Careers in:	Meta Thinking	assignments.
	Dangers of Social	expectations relating	Cyber Security	<ul><li>thinking about</li></ul>	Emphasise the
	Media	to progress and	Digital Safety Officer	actions and	importance of
	Online Chat Rooms –	behaviour.	CEOP Advisor	behaviours taken	staying safe online.
	identity	Understanding of		online.	If possible, could
	misrepresentation	the use of High-		Understanding	students practice
	Cyber Bullying	Performance		the difference	Microsoft Office skills
	Privacy Settings	Learning in lessons.		between unsafe	such as:
	Digital Footprint	Safe use of digital		and safe online	Copy/Paste/Cut
	Posting of	devices, social media		practice.	
	Inappropriate	and the Internet.		Creating	Creating folders
	Images/Sexting			precautions and	
	CEOP			measures to keep	Saving files and
				safe online. Use	folders under
				of a blog.	relevant names
				Analysing –	
				discussing what is	Sending Emails with
				acceptable	appropriate subject
				behaviour online.	lines.
				What is real	
				online?	
				Realising the	
				best ways to	
				encourage online	
				safety and what	
				constitutes	
				inappropriate	
				content?	
				content.	

Drama	What is Drama? Storytelling	Department expectations.  Basic drama techniques including still image, role-play, and spontaneous and rehearsed improvisation.  The origins of storytelling.  Adapting a well-known story for the stage.	Building on: Primary school experiences of Drama  Leading to: Using various drama techniques to "learn through imagined experience" (Prof Jonothon Neelands)	Using Drama as a tool to develop and build relationships within the group.  To explore a variety of scenarios through imagination.	Linking – how to use different techniques in a wide variety of situations and for different purposes  Meta Thinking – Encouraging students to approach 'text' in a practical way.  Creating – practical creation of work from written or aural sources  Analysing – the effectiveness of our own work and the work of others  Realising – putting ideas into practice.	Watch various plays on platforms such as YouTube, BBC iPlayer etc  Ask students to share some of their practical work at home.
English	School Life	Study of two drama texts: Free! By David Grant and Refugee Boy by Benjamin Zephaniah.	Building on: Study of similar drama texts in primary but at a more basic level with less complicated themes.	Links to whole year theme of Childhood and Education. Engaging plots with lots of characters. More exposure to BAME authors.	planning for their own learning. Empathy and concern for society.	Discuss the key themes (see English newsletter for more info.)  Read and discuss relevant news items.

		Understanding character/plot/theme in a simplistic text. Analysing authorial intent in a simplistic text. Exploring dramatic staging and devices in a simplistic text. Practising creative and non-fiction writing skills using texts as a stimulus.	Leading to: Study of more challenging drama texts in Year 8 – which focus on gothic genre.	Links to current refugee crisis.	Analytical skills and precise thinking.	Support with regular spelling tests. Suggested supported reading: Wonder by RJ Palacio The Demon Headmaster by Gillian Cross Save Me a Seat by Gita Varadarajan and Sarah Weeks
Hums: Geography	Map Skills (OS maps, Grid references, fieldwork, Atlases, Latitude & Longitude). Coasts (Development of waves, coastal processes, landforms, and landscapes and managing our coastline)	Big picture thinking about life in different places, times and what processes have shaped our world. What is geography and student's links to wider world.	Building on: primary skills including map reading. Leading to applying to geographical processes, in particular coastlines.	Develop Geography key skills to apply to coastal processes, landforms and landscapes.	Linking learning geography skills and then applying these to landscapes and landforms.  Meta Thinking – how we learn new skills  Analysing discussing the impact of coastal erosion.  Analysing OS Maps	Keep up to date with environmental and current news. If you visit anywhere, use an OS map. Practice symbols by looking at road signs and maps around the county. Looking at resources and sources – where are they from? How are you linked to the wider world?
Hums: History	Students cover basic enquiry skills: understanding of Chronology, types	Links to Year 7 transition from primary history e.g.	Building on: primary skills including local history.	The study of History at KS3 is broadly chronological to allow students to be able to	<b>Linking</b> learning Historical Investigation skills and then	Discuss topics studied with your child.

	and use of evidence, interpretation, usefulness, bias and second order concepts such as cause and consequence and significance. The skills unit uses a range of historical examples from pre-medieval onwards to allow students to mater these skills.  Students will then begin the conquest unit which focusses on the impact of the Norman Conquest and how England developed – starting with the conquest (England pre 1066, Claims to the throne, battles in 1066, culminating in the defeat of Harold.	Northampton Shoe industry.  Empathy for those in difficult situations. Seeing alternative perspectives and original thinking.  Big picture thinking about life in different times and places.	Leading to: applying understanding of key concepts such as change and continuity, cause and consequence etc. to events in the past and linking these to the current day.	understand the relationship of events and how the world changed over time.  Students will be able to track developments in social, political, economic and religious aspects of life.  Skill developed from year 7 will give students the foundations for success at KS4.  We also use topical / current events to help students make connections with the past.	applying these to use of evidence e.g. source work.  Making links between past events and topical issues.  Meta Thinking – how we learn new skills  Analysing e.g. Using primary material and factual knowledge to decide why William was successful at the battle of Hastings	Keep up to date with issues raised in the news that link to historical events e.g. anniversaries of events, memorials, protests etc.  Wider reading around the period being studied should be encouraged. Your teacher will have a reading list that can support in this.  Use of online and printed KS3 History revision (BBC Bitesize and CGP) to consolidate and extend in class learning.
Hums: Religious Studies	Introduction to Religion and then onto Judaism.	Students are introduced to the Framework of religion	The expectation that there will be some knowledge of this from Primary but conversations with	The Religious Studies KS3 curriculum is intended to allow students to know more about the	Discussion, videos, reading and the involvement of all	Conversations about BIG ideas such as the meaning of life,

		and the Big 6	some of our feeder	religious beliefs of the	the <b>HPL</b> ACPs	identity, what makes
		religions.	schools makes it	world and instil a	and VAAs.	a religion etc.
		religions.	clear that there is a	passion about culture.	aliu VAAS.	a religion etc.
		The topic then builds	difference in content	The curriculum is		Homework will be
		•		designed to cover		
		to look at Judaism in	and coverage	most of the world		set that builds on the
		particular. Focus is on	between primary			lesson content.
		key Jewish beliefs and	schools.	religions, humanism		
		practices that unite this		and introduce some		
		group of people	The Yr7s will then be	philosophical ideas		
		including: covenant	moving onto	but follows the		
		relationship with God,	Christianity and the	Northamptonshire		
		concept of Judgement	theme of suffering.	2018-2023 curriculum		
		& the Messiah, the		with the biggest % of		
		practices of orthodox		lessons focused on		
		& reform Jews, the		Christianity. The		
		importance and role of		intention is to inspire		
		the Torah and the		students' curiosity		
		place of Jerusalem.		about the faiths within		
				our community and to		
				act as a solid		
				grounding for the		
				teaching of RS and		
				Philosophy at GCSE		
				and A level.		
Maths	Sequences	Move freely between	Numerical	Being able to	Make and test	Use video links on
		different numerical,	sequences	generalise	conjectures	White Rose Maths
		algebraic, graphical,		mathematical	about patterns	website.
		and diagrammatic		concepts	and relationships	
		representations			Creating	Look for patterns
		Generate terms of a			sequences	and sequences in
		sequence from a term			Analysing,	everyday life.
		to term rule			predicting next	
					terms,	

	Recognise arithmetic sequences  Recognise geometric sequences and appreciate other sequences that arise			Metacognition, finding missing terms Linking, multiple representations	
MFL: Tout Sur Moi	To be able to give	For many of our	The unit allows our	Meta thinking -	Parents can look
French Tout sur Moi	basic details about yourself including name, age, birthday, nationality and physical description. To understand the link between French graphemes and phonemes. (pronunciation.) To understand the use of gender of nouns and how this effects articles, possessive pronouns and adjectives. To understand the idea that French verbs change depending on reference to 1st / 2nd / 3rd person.	students, French is a new subject but for those that have studied French before, we build on the foundation knowledge they have by challenging the students to extend the range of vocabulary and structures they use, leading to the production of complex sentences.  Leading to confidence in giving more detailed description of themselves, family, friends, pets, teachers, celebrities and the ability to	students to recognise patterns and sounds and engage in conversations, using accurate pronunciation. By using basic personal information as topic 1, students are learning to be confident with information they are most likely to want / need to use first in a real life scenario in a French speaking country.	how we learn new phrases and structures Analysing > precision, multi- step problem solving (e.g. formation of verbs, use of correct gender)  Linking - use of cognates, retrieval practice from one lesson to the next, linking between languages  Realising - automaticity, speed and accuracy (e.g. recalling	through their child's "Portfolio of Progress" booklet which contains all the vocabulary, phrases, homework hints and outlines for each unit. Additionally, any written work will require students to use sentence builders, which are in their books and/or their Portfolios. Please encourage students to refer to these so that they are always re-using the language they have been taught. Also, please discourage the use of translation sites to look up unknown

		T	-in		1	
			give others' views of		learning spellings	vocabulary at this
			them.		of words and	stage instead
					grammar rules)	referring them back
						to phrases already
						used in class.
						Adapting what they
						WANT to say to what
						they KNOW how to
						say is a skill in itself!
						When revising for
						vocabulary and translation tests,
						parents can advise
						that the list is broken
						down into
						manageable sections
						and that revision
						happens 'little and
						often' for greater
						stickability.
MFL:	Alles über mich	To be able to give	German is a new	The unit allows our	Meta thinking -	As 'French' above.
German		basic details about	subject for our	students to recognise	how we learn	
		yourself including	students but we	patterns and sounds	new phrases and	
		name, age, birthday,	build on good	and engage in	structures	
		nationality, and	language learning	conversations, using		
		physical description.	habits they have	accurate	Analysing -	
		To understand the link	from their KS2	pronunciation. By	precision, multi-	
		between German	language (usually	using basic personal	step problem	
		graphemes and	French or Spanish)	information as topic 1,	solving (e.g.	
		phonemes.	for example using	students are learning	formation of	
		(pronunciation.)	cognates to help	to be confident with	verbs, use of	
		To understand the use	decipher new words,	information they are	correct gender)	
		of gender of nouns	looking for patterns	most likely to want /		

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	'				
	·	grammar structures.		'	
			country.		
		9		·	
		3 3		linking between	
	reference to 1st / 2nd /	more detailed		languages	
	3 <sup>rd</sup> person.	description of			
		themselves, family,		Realising -	
		friends, pets,		automaticity,	
		teachers, celebrities,		speed and	
		and the ability to		accuracy (e.g.	
		give others' views of		recalling	
		them.		vocabulary,	
				learning spellings	
				of words and	
				grammar rules)	
Bienvenidos	To be able to give	For many of our	The unit allows our	Meta thinking -	As 'french' above.
	basic details about	students, Spanish is	students to recognise	how we learn	
	yourself including	a new subject but	patterns and sounds	new phrases and	
	name, age, birthday,	for those that have	and engage in	structures	
	nationality, and	studied Spanish	conversations, using	Analysing -	
	physical description.	before, we build on	accurate	precision, multi-	
	To understand the link	the foundation	pronunciation. By	step problem	
	between Spanish	knowledge they	using basic personal	solving (e.g.	
	graphemes and	have by challenging	information as topic 1,	formation of	
	phonemes.	the students to	students are learning	verbs, use of	
	(pronunciation.)	extend the range of	to be confident with		
	To understand the use	vocabulary and	information they are		
	of gender of nouns	,		<b>Linking</b> - use of	
	and how this effects	_	need to use first in a	•	
		production of			
		complex sentences.		from one lesson	
	Bienvenidos	basic details about yourself including name, age, birthday, nationality, and physical description. To understand the link between Spanish graphemes and phonemes. (pronunciation.) To understand the use of gender of nouns	articles and possessive pronouns. To understand the idea that German verbs change depending on reference to 1st / 2nd / 3rd person.  Bienvenidos  To be able to give basic details about yourself including name, age, birthday, nationality, and physical description. To understand the link between Spanish graphemes and phonemes. (pronunciation.) To understand the use of gender of nouns and how this effects articles, possessive  structures or grammar structures.  Leading to confidence in giving more detailed description of themselves, family, friends, pets, teachers, celebrities, and the ability to give others' views of them.  For many of our students, Spanish is a new subject but for those that have studied Spanish before, we build on the foundation knowledge they have by challenging the students to extend the range of vocabulary and structures they use, leading to the production of	articles and possessive pronouns. To understand the idea that German verbs change depending on reference to 1st / 2nd / 3rd person.  Bienvenidos  To be able to give basic details about yourself including name, age, birthday, nationality, and physical description. To understand the link between Spanish graphemes and phonemes. (pronunciation.) To understand the use of gender of nouns and how this effects articles, possessive  structures or grammar structures.  Leading to confidence in giving more detailed description of themselves, family, friends, pets, teachers, celebrities, and the ability to give others' views of them.  For many of our students, Spanish is a new subject but for those that have studied Spanish before, we build on the foundation the foundation when are of gender of nouns and how this effects articles, possessive  To understand the idea that German speaking country.  The unit allows our students, Spanish is a new subject but for those that have studied Spanish before, we build on the foundation the foundation the foundation the students to extend the range of vocabulary and structures they use, leading to the production of	articles and possessive pronouns.  To understand the idea that German verbs change depending on reference to 1st / 2nd / 3rd person.  Bienvenidos  To be able to give basic details about yourself including name, age, birthday, nationality, and physical description. To understand the link between Spanish graphemes and phonemes. (pronunciation.)  To understand the lioate of gender of nouns and how this effects articles, possessive  To understand the idea that German verbs change depending on reference to 1st / 2nd / 3rd person.  Leading to confidence in giving more detailed description of themselves, family, friends, pets, teachers, celebrities, and the ability to give others' views of them.  For many of our students, Spanish is a new subject but for those that have studied Spanish before, we build on the foundation knowledge they have by challenging the students to extend the range of vocabulary, and of gender of nouns and how this effects articles, possessive  structures or grammar structures.  Leading to confidence in giving more detailed description of themselves, family, friends, pets, teachers, celebrities, and the ability to give others' views of them.  Realising - automaticity, speed and accuracy (e.g. recalling vocabulary, learning spellings of words and grammar rules)  The unit allows our students to recognise patterns and sounds and engage in control. Students are learning accurate pronunciation. By using basic personal in formation as topic 1, students are learning to be confident with ocabulary and structures they use, leading to the production of verbs, use of correct gender)

		pronouns, and adjectives. To understand the idea that Spanish verbs change depending on reference to 1st / 2nd / 3rd person.	Leading to confidence in giving more detailed description of themselves, family, friends, pets, teachers, celebrities, and the ability to give others' views of	Spanish speaking country.	to the next, linking between languages  Realising - automaticity, speed and accuracy (e.g. recalling	
Music	Rhythm and Notation	Department	them.  Building on: Primary	Using Music as a tool	vocabulary, learning spellings of words and grammar rules) <b>Linking</b> – how to	Clap pulse and
		Expectations. Understanding pulse, rhythm and ostinato. Practical rhythm work. Recognising and using musical notations. Understanding, recognising, and applying the Elements of Music.	and other previous experience of Music. Keeping a steady pulse. Recognising rhythmic patterns. Repeating and creating rhythmic patterns. Notating rhythmic patterns. Leading to: Recognising the Elements of Music	to develop and build relationships within the class. To develop and extend basic musical skills for KS3.	use performing, composing, and appraising in a wide variety of situations and for different purposes  Meta Thinking – Encouraging students to approach rhythm in a practical way.  Creating – practical creation of work from	rhythmic ideas. Encourage a wide listening approach and comment on the Elements of Music in the process.
			when performing, composing, and appraising music.		written or aural sources. <b>Analysing</b> – the effectiveness of	

Physical Education	Games, Speed Agility Quickness Endurance Orienteering	Students will cover a range of activities including  Rounders, Cricket, Tennis, Ultimate Frisbee, Speed Agility and Quickness, Endurance and Orienteering.  Incorporated within this is development of skills, analysis of performance, providing feedback and improving knowledge of health and fitness.	Building on: Prior knowledge of skills, transfer of skills to different activities. Ability to analyse and provide feedback.  Leading to: Development of skills. Deeper understanding of the areas mentioned above.	Physical Education is an important part of the school curriculum because it improves  Personal Development.  Social skills.  Health and emotional wellbeing.  Leadership skills  Academic achievement.	our own work and the work of others Realising – putting ideas into practice.  Meta Cognition – How we learn new skills.  Strategy Planning – Considering ways to outwit an opponent in an activity.  Linking – Understand how previously learnt skills can be applied to new activities.  Analysing – Critical thinking skills required when analysing their own performance or that of their peers.	Parents can encourage students to be physically active outside of school. Where possible try to find time to do physical activities as a family.  Ask your child about what they have done in PE this week.  Please also access the 'PE @ Home' section of the school website for further ideas and inspiration.
Science	Scientific attitudes: Interpret observations and data, including identifying patterns	Understand that scientific methods and theories develop as earlier explanations are modified to take	Using results to draw simple conclusions, make predictions for new values and suggest	As children carry out scientific enquiry, they should develop a host of skills and competencies,	Meta-Thinking Self-Regulation Agile	Practice Scientific Vocabulary and use it at home where you can

	and using observations, measurements, and data to draw conclusions	account of new evidence and ideas, together with the importance of publishing results and peer review	improvements and raise further questions	knowledge and understanding, bringing enormous benefits to them as 'growing' scientists. Scientific enquiry increases children's capacity to: Problemsolve and answer		
Technology	Textiles	Iterative design Hand stitching	Ability to use iterative design strategies to create original and innovative ideas	questions. Increase confidence in designing and textiles skills	Meta-cognition Self-regulation: monitor, evaluate and self-correct Fluent thinking: the ability to generate ideas	Practicing hand stitching/embroidery
Technology	Electronics/res materials	CAD, iterative design, Ergonomics, producing a high-quality outcome, basic electrical circuits	Be able to use knowledge and understanding of ergonomics to design products which consider the end user.	Introduce basic electronics and be able to apply theory of ergonomics to everyday products	Generalisation: apply learning to similar situations Intellectual playfulness: recognise rules and bend them to create new forms Speed and accuracy: the ability to work at speed and with accuracy	Discuss how the layout of/products within the home are ergonomically designed to help with day-to-day tasks

Our philosophy for learning is guided by the principles of HPL (High Performance Learning). We believe all students have the capacity to be a high performing learner... they just need the right mindset, tools and support.

Below are explanations of what we interpret as 'growth mindset' and the key elements of HPL. These include ACPs (Advanced Cognitive Performance Characteristics) and VAAs (Values, Attitudes and Attributes). When well developed, these equip children with the tools they need to be the best learners they can be.



#### What is a Growth Mindset?

"Failure is an opportunity to grow"

# GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things" "Failure is the limit of my abilities"

## FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like "I can either do it, to be challenged" or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

> "Feedback and criticism are personal

"I stick to what I know"



### Advanced Cognitive Performance Characteristics (ACPS)

META-THINKING			
<b>43</b>	Meta-cognition	The ability to knowingly use a wide range of thinking approaches and to transfer knowledge from one circumstance to other.	
	Self-regulation	The ability to monitor, evaluate and self-correct	
	Strategy-planning	The ability to approach new learning experiences by actively attempting to connect it to existing knowledge or concepts and hence determine an appropriate way to think about the work	
	Intellectual confidence	The ability to articulate personal views based on evidence	
LINKING			
<b>®</b>	Generalisation	The ability to see how what is happening in this instance could be extrapolated to other similar situations	
	Connection finding	The ability to use connections from past experiences to seek possible generalisations	
	Big picture thinking	The ability to work with big ideas and holistic concepts	
	Abstraction	The ability to move from concrete to abstract very quickly.	
	Imagination	The ability to represent the problem and its categorisation in relation to more extensive and interconnected prior knowledge	
	Seeing alternative perspectives	The ability to take on the views of others and deal with complexity and ambiguity	
ANALYSING			
	Critical or logical thinking	The ability to deduct, hypothesise, reason, seek supporting evidence	
9	Precision	The ability to work effectively within the rules of a domain	
	Complex and multi-step problem solving	The ability to break down a task, decide on a suitable approach, and then act	
CREATING			
ara	Intellectual playfulness	The ability to recognise rules and bend them to create valid but new forms	
	Flexible Thinking	The ability to abandon one idea for a superior one or generate multiple solutions	
	Fluent thinking	The ability to generate ideas	
	Originality	The ability to conceive something entirely new	
	Evolutionary and revolutionary thinking	The ability to create new ideas through building on existing ideas or diverting from them	
REALISING			
Q <sub>n</sub>	Automaticity	The ability to use some skills with such ease as they no longer require active thinking	
	Speed and accuracy	The ability to work at speed and with accuracy	



### Values Attitudes and Attributes (VAAs)

EMPATHETIC			
	Collaborative	The ability to seek out opportunities to receive responses to your work; present your own views and ideas clearly and concisely; listen to the views of others; be willing and able to work in teams; take a variety of roles and be able to evaluate your own ideas and contributions.	
	Concerned for society	The ability to know the contribution you can make to society for the benefit of those less fortunate; demonstrate citizenship and a sense of community ethos and recognise differences as well as similarities between people and peoples; be aware of your own and others' cultural heritage and sensitive to the ethical and moral issues raised by their studies.	
	Confident	The ability to develop a belief in your knowledge, understanding and action; recognise when you need to change your beliefs based upon additional information or the arguments of others; deal with new challenges and situations, including when this places them under stress.	
AGILE			
3	Enquiring	The ability to be curious; be willing to work alone; be proactive; keen to learn; show enterprise; think independently; challenge assumptions and require evidence for assertions; actively control your own learning; move on from the absorption of knowledge and procedures to develop your own views and solutions.	
	Creative and enterprising	The ability to be open-minded and flexible in your thought processes; demonstrate a willingness to innovate and invent new and multiple solutions to a problem or situation; adapt your approach according to need; surprise and show originality in your work, developing a personal style; be resourceful when presented with challenging tasks and problems, using your initiative to find solutions.	
	Open-minded	The ability to take an objective view of different ideas and beliefs; become more receptive to other ideas and beliefs based on the arguments of others; change ideas should there be compelling evidence to do so.	
	Risk-taking	The ability to demonstrate confidence; experiment with novel ideas and effects; speculate willingly; work in unfamiliar contexts; avoid coming to premature conclusions; tolerate uncertainty.	
HARD WORKING			
a land	Practice	The ability to train and prepare through repetition of the same processes in order to become more proficient.	
	Perseverance	The ability to keep going and not give up; face obstacles and difficulties but never give up; persist in effort; work diligently and work systematically; not be satisfied until high quality, appropriate precision and the desired outcome are achieved.	
	Resilience	The ability to overcome setbacks; remain confident, focused, flexible and optimistic; help others to move forward in the face of adversity.	