

Parental Guide

Building Capacity & Resilience

At CBSC, our goal is to develop **“Learning Leaders.”** This means preparing our students not just for exams, but for the challenges of life. True trauma-informed care at our college means giving a student **more support, not fewer expectations.**

ENABLING VS. EMPOWERING

It is natural to want to protect our boys from distress, but “kindness” that leads to avoidance can hinder their growth.

Situation	The Risk of "Enabling"	The "Building Capacity" Approach
Difficult Assignments	Excusing the work to avoid upset. Result: The next task feels even more impossible.	Breaking the task down. More support to ensure they can achieve the goal.
Dysregulation	Allowing avoidance of repair. Result: Relationships keep breaking around them.	Waiting for calm, then guiding the student through restorative justice.
Hard Experiences	Removing the student from every hard thing. Result: "Hard" becomes a permanent barrier.	Providing the tools and encouragement to face the challenge safely.

The Unintended Message of Avoidance

When we lower the bar because of a student's history or behaviour, we accidentally teach them:

"I can't handle this," "No one expects much from me," or "I am a failure."

SUPPORTIVE RESILIENCE IN PRACTICE

A trauma-informed approach does not mean we ignore behaviour; it means we understand the reason for it while still holding the student to a high standard of personal growth.

"We do not want to shame students or punish pain, but when support turns into avoidance, we are no longer building capacity."

HOW WE CAN WORK TOGETHER

→ **Try Again Culture:** We encourage students to try again after a mistake. This prevents the mistake from becoming their permanent identity.

- **Scaffolded Success:** If a student is overwhelmed, we don't remove the expectation; we provide a "scaffold" (extra help, visual aids, or broken-down steps) so they can still reach it.
- **Emotional Regulation:** We teach students that they can do hard things, even when they feel anxious or upset, by using regulation strategies.

THE CBSC OUTCOME

Our aim is for every student to leave Carshalton Boys with the evidence-based belief:

"I am capable of overcoming difficulty."

Working Together for Every Student's Future

For more information on our restorative approach and student support services, please contact the **SEN Department** at Carshalton Boys Sports College.