

# Values Hero!

Ryelands Primary and Nursery School

Our *Positivity* Values Hero:



**James Smith!**

A huge well done to James for being our *Positivity* Values Hero! James' attitude at school is always positive - even when sometimes it seems easier to be negative. He practices a positive

mindset by not shying away from exciting new challenges. He has even managed to keep that positive attitude when he has had some very difficult trips to the dentist with a particularly problematic tooth! Well done James. You are a fantastic example of positivity in practice!

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If your child wows you in some way by trying their absolute hardest to practice positive thinking, please nominate them for the next Values Hero Award by:

- filling in the *nomination form on our app*  
*or*
- by writing the following information on a piece of paper and handing it in to the school office:

'Values Hero Nomination': Name, your relation to the child, their class and why you are nominating them as our *empathy* Values Hero specifically.

# Values Newsletter

Cooperation  
Responsibility  
Perseverance  
Love  
Positivity  
Acceptance  
Respect  
Resilience  
Unity  
Honesty  
Courage  
**Empathy**



Autumn 2 : **Empathy**

# Empathy

READING ALLOWS US TO SEE AND UNDERSTAND THE WORLD THROUGH THE EYES OF OTHERS. A GOOD BOOK IS AN EMPATHY ENGINE.



Our value for the Autumn 2 half term, in the run up to Christmas, is **empathy!**

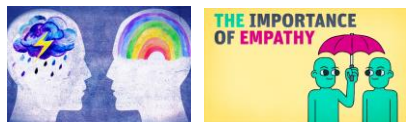
Some think that children cannot show empathy for others. However, here at Ryelands, we see many instances of the children expressing heartwarming empathy and kindness each day.

Empathy is understanding what other people are thinking and feeling. Developing empathy as a skill helps children to build caring friendships with the people around them.

It can also help them to understand the effects of their choice of words and actions- and make them aware of the impact that they can have.

As always, we want our pupils to be happy and healthy individuals who are able to imagine, believe and achieve a happy and successful future. Empathy is a crucial value for them to develop.

## WHAT IS EMPATHY?



## Empathy is...

seeing with the eyes of another,  
listening with the ears of another,  
and feeling with the heart of another.

# Helpful Tips for at Home

To take your child's learning about empathy home, why not try the following ideas:

- Explore empathy through fictional characters. The next time that you read a book, or watch a film together, discuss what the characters are thinking and feeling and why. Ask your child how they might make the situation better for the character.
- If there are any disagreements between siblings or anybody at home, why not try a restorative approach- like we have been using at Ryelands. Ask your child to think about what has happened from the **other** person's point of view, as well as their own. This is quite difficult for many children to do at first, but practice can definitely improve it. If they can empathise with another person's thoughts and feelings, then that makes it easier for them to reflect and make the situation better.

## Autumn 1 Values Victors!



The Values Victors award goes to the class who, over the half term, used our values the most during lunch times in school.

Well done IW! You have made everybody proud with your wonderful choices at lunch time. Keep up the good work!