

Values Hero!

Ryelands Primary and Nursery School

Our **Empathy** Values Hero:



Emilia!

A huge well done to Emilia for being our Empathy Values Hero! We had lots of nominations this time, but Emilia is a shining example of how to practice **empathy**. She cares for other people at school and at home.

When she sees somebody upset, she takes time to ask them how they are feeling and tries her best to **see with their eyes, listen with their ears, and feel with their heart**. Emilia goes out of her way to make people feel better. When facing challenges, she focuses on finding solutions which will suit everybody. What a remarkable person she is! Well done Emilia! Thank you for being a shining example of empathy at Ryelands School.

If your child's resilience mows you, 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 **resilience** Values Hero specifically.

Values Newsletter

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



Spring 1 : **Resilience**

Resilience

Our value to start 2020 as we mean to go on is: **resilience!**



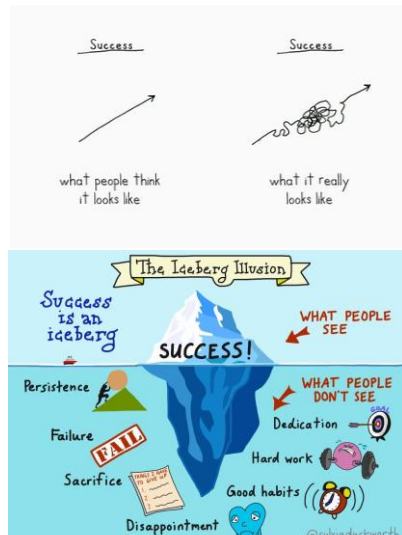
We want our pupils to be happy and healthy individuals who are able to imagine, believe and achieve a happy and successful future. In order to face the challenges of the future, we believe that resilience is a crucial value for them to develop.

Resilience is our ability to bounce back from challenge and difficult situations. We cannot always avoid these situations, and sometimes we may not want to.

Therefore, becoming comfortable with failure and not giving up is vitally important. Resilience is the value which gets us through the hardest times in life as children- and as adults.

People who experience Adverse Childhood Experiences can develop a sense of resilience which takes them through life and all of its challenges.

Resilience is often the difference between failure and success; the difference between giving up and persevering.



Helpful Tips for at Home Learning

- Ask your child to discuss the images on the opposite page with you- what do they think that they mean? What can they learn from them to use in their every day life?
- In order to have the best chance at resilience, it's important that children's mental and physical habits are healthy. Show your child the below image and encourage them to take responsibility over their ability to be resilient.



Thank you for taking the time to read our Spring 1 Values newsletter. Here's to a Happy New Year ahead!

Autumn 2 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 managed to defend your Victor status by continuing to practice our values at lunch time. Keep up the good work!