

Core value of the month



Reflection

Related values: Curiosity honesty self-regulation patience peace (with self)

Definition:

- Reflection is thinking carefully about our learning and actions.
- Reflection is getting to know our own strengths and weaknesses.
- Reflection is having quiet time with myself and others.
- Reflection is looking back and thinking about how we acted and how we could have acted differently.

It is important you reflect and look back on your decisions because when you are calm things are clearer and you are able to show other values

Actions that show this value:

- Being calm with yourself and others
- Reflecting on behaviour at lunchtime to see if you made the right choices
- Looking at work and identifying what is good about it and what could be improved
- Looking back at how we speak to others and think about if it is appropriate and respectful
- Being honest about our choices
- Thinking before you say something

Actions that don't show this value:

- Being impatient with others
- Not looking back deeply at our actions
- Not saying sorry for wrong choices and mean words
- Lying about negative choices
- Rushing ahead without thinking back on previous events and actions
- Not being engaged with our friends, families, local and global communities
- Not learning from mistakes

What does reflection look like?

People who show reflection:

- Think about what is good about their learning
- Think about how to improve their learning
- Think about if they have made a good or bad choice

People who show reflection realise:

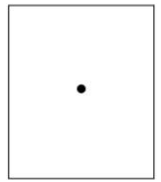
- That it is important to think about how we have acted
- That it is important to think about how we have spoken to others
- It is important to look at our work so we can decide our own next steps and learning goals
- That having quiet reflection time is very important

People show reflection by:

- Calmly thinking back on our actions
- Looking carefully at our learning and reflect on positives and work out next steps
- Think about how to act next based on what has already happened

A story about reflection

The black dot



One day, a teacher entered his classroom and asked his pupils to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin.

The teacher handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the pupils to turn over the papers.

To everyone's surprise, there were no questions—just a black dot in the centre of the paper. The teacher, seeing the expression on everyone's faces, told them the following: "I want you to write about what you see there." The pupils, confused, got started on the difficult task.

At the end of the class, the teacher took all the exams, and started reading each one of them out loud in front of all the pupils.

All of them, with no exception, wrote about the black dot, trying to explain its position in the centre of the sheet. After all had been read, the classroom silent, the teacher started to explain:

"I'm not going to mark you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same thing happens in our lives.

However, we insist on focusing only on the black dot – the arguments with your siblings, not having the latest toy, the disappointment with a friend. The dark spots are very small when compared to everything we have in our lives, but they are the ones that pollute our minds.

Take your eyes away from the black dots in your lives. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love!"

The end