

Values-Based Living

'The Fielding Way'



May 2026 – Edition 8

Welcome to Values-Based Living at Fielding

Welcome to the eighth edition of our Values-Based Living newsletter. Throughout the year, our school **Values Champions** will share stories, reflections, and celebrations showing how our school lives its core values: **Respect, Empathy, Resilience, and Reflection.**

This newsletter is driven by the children and will include classroom voices, staff reflections, and ideas for families to join in. We hope you enjoy seeing values in action across our school.

Meet our Values Champions

Mahmoud 6H	Elizabeth 6F	Ted 6P	Amelina 6P	Gaurangi 6S	Toby 6S	Alice 6F

Our school focus for May - Respect

This month, in KS1 and KS2, we are focusing on our core value Respect



- Respect** is being kind to myself and my friends.
- Respect** is feeling good about myself and knowing I am special.
- Respect** is listening to others and their ideas.
- Respect** is treating others nicely.
- Respect** is treating my surroundings and objects nicely and taking care of them.
- Respect** is following rules and understanding they are there for a purpose.



Our School Website: [Values Based Education](#)
[Our School Respect poster](#)

Talking Values with Mrs Chadwick (Assistant Headteacher & SENDCO) Interviewed by Alice & Gaurangi

Each month, a staff member shares their thoughts on our school values. This month, Alice and Gaurangi, two of our values champions interviewed Mrs Chadwick who is one of our Assistant Headteachers and SENDCO and who has worked at our school for nearly 22 years.



1. What does respect mean to you?

Treating others with kindness, fairness and consideration, including yourself.

2. Why do you think respect was chosen to be one of our school values?

Respect helps everyone feel safe and values and strengthens our relationships. Showing respect means being open-minded and asking questions to understand someone else's views.

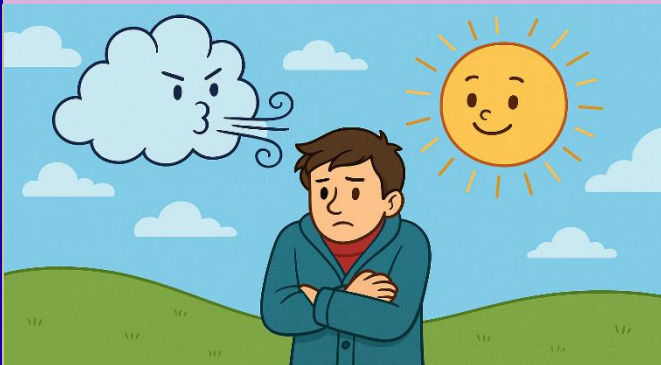
3. Can you give an example of a time you have experienced someone showing respect in school?

One of my favourite times of the week is Forest School. As a team, children show respect for the forest environment, nature and all living things. They work collaboratively, supporting one another and treating everyone and everything with care and respect.

4. How long have you worked at Fielding? Why do you like working here?

I have been fortunate to work at Fielding for nearly 22 years. I enjoy working here because Fielding is a rare and special community where shared values are demonstrated by everyone.

Values through Stories – The Wind and the Sun



The Wind and the Sun

The Wind and the Sun were arguing about who was stronger.

They decided to have a contest when they saw a traveller wearing a coat.

The Wind went first and blew as hard as it could.

The stronger the Wind blew, the tighter the traveller held onto the coat. The Wind blew and blew, but the coat stayed on.

Then it was the Sun's turn. The Sun shone gently and warmed the traveller. Soon, feeling warm and comfortable, the traveller took off the coat.

Moral:

Being kind, calm, and respectful is often more powerful than using force.

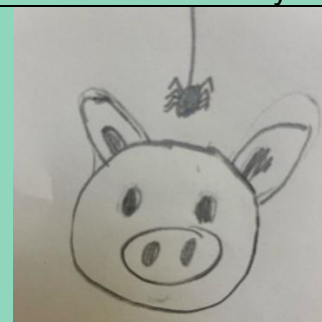
Stories with Values

Mrs Hodge recommends

Each edition, our librarian, Mrs Hodge, will share some special stories that connect to our school values – respect, resilience, reflection, and empathy. These books will help us think about the ways we can show our values every day.



During May, we are excited to celebrate books that explore the theme of respect. These stories feature characters who go on meaningful journeys and learn about respect in different ways. Below is a selection of stories chosen by Mrs Hodge and the Values Champions. The artwork inspired by these characters has been created by the Values Champions themselves.



Charlotte's Web by E.B.White

Charlotte's Web is a story about friendship, kindness, and respect. Charlotte shows respect by caring for Wilbur and helping others see his worth, while Wilbur learns to appreciate and value those who help him. The story teaches children that respecting others means being kind, loyal, and appreciating everyone's differences.
(artwork by Elizabeth)

The Wind in the Willows by Kenneth Grahame

The Wind in the Willows is a story about friendship and respect. The characters learn to respect one another by showing patience, forgiveness, and understanding—especially when friends make mistakes. The story teaches children that respect means caring about others' feelings, valuing friendship, and helping one another grow.
(artwork by Ted)



A Bear called Paddington by Michael Bond

A Bear Called Paddington is a story about kindness, respect, and belonging. Paddington shows respect by trying his best to follow rules and treat others politely, even when things go wrong. The Brown family show respect by welcoming Paddington, being patient, and accepting his differences. The story teaches children that respect means being kind, understanding others, and making everyone feel valued.
(artwork by Gaurangi)

Matilda by Roald Dahl

Matilda is a story about respecting yourself and others. Matilda shows respect by valuing learning, being fair, and standing up kindly against unkind behaviour. Miss Honey shows respect by caring for her students and believing in their abilities. The story teaches children that respect means treating others fairly, believing in yourself, and using your strengths to help others
(artwork by Alice)



Family Respect Challenge

During May, we invite families to take part in small, fun challenges that help us practise respect. Respect helps us understand others, build strong relationships, and make kind choices. Choose one (or more) ideas and see how your family can pause, reflect, and connect. We would love to hear your stories about what you tried and how it went.

Challenge 1 –Gratitude snapshots

Each day, every family member shares **one thing they are grateful for** about their day or about someone in the family.

- This can be said at dinner, written on paper, or drawn by younger children.
- At the end of the week, talk about what gratitude changed about how you felt.

Challenge 2–Take my shoes

Once a day, pick a small situation and try to **see it from someone else’s perspective**.

- Ask: *“How do you think they felt?”* or *“Why might that have been hard for them?”*
- Emphasise understanding rather than fixing or judging.

Challenge 3: Kind Deeds Jar

As a family, create a jar filled with **simple acts of kindness** (e.g., make someone a drink, help with homework, send a kind message).

- Each person picks one deed per day to complete secretly.
- At the end of the week, reveal what you noticed and how it felt to give and receive kindness.

Quote of the Month



This quote reminds us that **respect is shown through our actions, not just our words**. Truly listening to someone means giving them our full attention, valuing their thoughts, and allowing them to speak without interruption or judgement. When we listen carefully, we show that the other person matters and that their voice is important. Respect grows when people feel heard and understood, and this simple act of listening helps build trust, empathy, and stronger relationships within families and communities.

Ripples of Kindness - This Month's Celebrations

We are delighted to share this month's recognised acts of kindness from our *Ripples of Kindness* initiative. It has been wonderful to see so many pupils' spreading positivity through thoughtful gestures and caring actions. Thank you to the families who shared these moments, together, we are helping kindness ripple through our community.



Here are the children we are celebrating this month, they will also be celebrated during our values assemblies:

	H Class	F Class	P Class	S Class
Reception	Tilia T, Joshua K	Poppy U		Leonardo
Year 1	Ella P		Arthur T, Emmeline T	Hannah C, Riley U, Arlo B
Year 2				
Year 3	Ben K, Izzy P, Olivia M			Ellery T
Year 4		Aarushi P		
Year 5				
Year 6	Lauren T, Myles M,		Araiya P	
ARP				
Nursery Ladybirds				

A selection of some of the acts of kindness

My child offered her seat on a very busy Piccadilly line train to an elderly gentleman who was struggling to stand. She was also very tired, but she still gave up her seat.

My child when entering the park on his bike noticed a parent behind us dealing with 3 children. He got off his bike and went back to the gate to open it for the parent, holding it until all children and buggy was through.

When on holiday, my child was very kind to a family friend's child who is very shy and quiet. She made sure he was included and introduced him to new people.

As parents, we received unsolicited praise from an Ealing Cricket Club trustee "Your child was a superhero looking after the younger children at yesterday's cricket camp"

Yesterday, I bumped into the open oven door, hurting my knees. My daughter saw that and she stopped playing to guide me to the sofa to sit down. That was very sweet of her:)

My son helped his little brother when he fell off his scooter. He picked him up, spoke kindly to him and make sure he was ok.

My child has shown acts of kindness on a number of occasions recently and here are a couple worth mentioning, opening the playground gate to a parent holding a baby and pushing the pram giving away a self-made piece of art to his great grandma living in Sweden to make her feel better when saying goodbye.

Ripples of Kindness – Becoming Involved



How it works?

We are inviting parents and carers to share acts of kindness they notice their children doing **outside of school**. These might be small, everyday actions, such as the ones mentioned above.

No act is too small; it is often the simplest gestures that make the biggest difference. Parents will be able to submit these acts of kindness via a form on the **school website (Click on useful links)**. Each month, children's names and the acts of kindness shared during the **previous month** will be included in our **Values Newsletter** and acknowledged during our **Values Assemblies**, where we will celebrate the positive impact, our pupils are having.

Working together

We hope *Ripples of Kindness* will encourage everyone to recognise the value of kindness in everyday life and inspire our whole school community to get involved. By working together, we can help kindness ripple out from our school into the wider community.

We cannot wait to see the impact the **small acts of kindness** will have, and to celebrate the wonderful examples of care, thoughtfulness, and compassion that happen every day.

Final Thoughts



As we think about respect, imagine it as a gentle reminder to notice how our words and actions affect others. Respect starts with paying attention and choosing to treat people with care and understanding.

We show respect when we listen carefully, value different opinions, and recognise that everyone has feelings, strengths, and challenges. It also means being aware of our behaviour, especially in moments when we disagree or feel frustrated. When we think about how we have treated others, we can consider how our choices made people feel and how we might respond more kindly next time.

By practising respect each day, we help create a safe and caring environment and grow into thoughtful, compassionate individuals.