

Values-Based Living

'The Fielding Way'



June 2026 – Edition 9

Welcome to Values-Based Living at Fielding

Welcome to the ninth 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**.

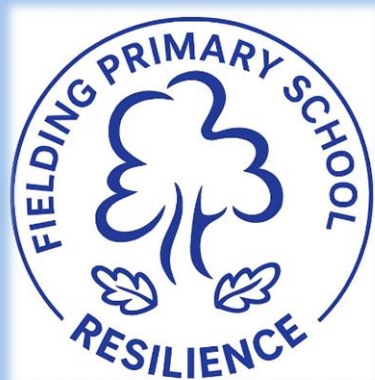
This newsletter is driven by the children and will include classroom voices, staff reflections, and ideas for families to join in. We hope you enjoy seeing values in action across our school.

Meet our Values Champions

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

Our school focus for June – Resilience

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



How do we keep going when things are difficult?

Resilience is:

- Not giving up when things are tricky.
- Trying new challenges.
- Staying calm and positive when things are stressful.
- Bouncing back after setbacks.



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

[Our School Respect poster](#)

Talking Values with Miss John and Mr Francis (Sports & PE Specialist Teachers)

Each month, staff members share their thoughts on our school values. This month, our values champions interviewed Miss John (PE & Sports teacher/Lead), who has worked at Fielding for a year and a half, and Mr Francis (PE & Sports teacher/instructor), who has been at Fielding for four years. We chose these adults to feature this month as we are approaching Sports Day, a time when everyone will need to draw on their resilience.

1.What does resilience mean to you both?

Resilience to us means never giving up, despite how difficult or challenging a task may be.

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

We believe Resilience was chosen as there will always be difficulties in life and by understanding how to manage our emotions and feelings from a young age, it provides an important foundation to overcome any obstacle.

Sports brings a lot of emotions and so it is important that we do not let this affect us e.g. if we miss a goal in a football, we must be resilient to keep pushing and achieve the best we can.

3.Can you give an example of a time you have experienced someone showing resilience during PE?

During a dance lesson, a child was finding the choreography and actions of the routine difficult. They then refused to continue with the lesson but after having some time to reflect and their group also encouraging them, they were able to finish the routine and performed it brilliantly to the rest of the class.

4.Why do you like working here at Fielding Primary School?

We enjoy working here as we feel it is a school that enhances learning for all children and allows them to become the best version of themselves. We also love sports and I feel we offer a wide range of sports across all year groups, which allows everyone to showcase their skills.

5.What is your message to children around resilience and our upcoming sports days?

Be supportive and encouraging of others, remember that it is fine to make mistakes as this is how we learn. Most importantly, have fun!



Values through Stories –The Tortoise and the Hare

THE TORTOISE AND THE HARE



The Tortoise and the Hare were arguing about who was the fastest.

They decided to have a race along a long country path.

The Hare rushed ahead quickly and soon was far in front. Feeling confident, the Hare stopped to rest under a tree and fell asleep.

Meanwhile, the Tortoise kept going slowly and steadily, step by step, without giving up. Even when the race felt long and tiring, the Tortoise continued.

By the time the Hare woke up, the Tortoise was near the finish line. The Hare ran as fast as possible, but it was too late. The Tortoise crossed the line first.

Moral:

Keep going, even when things feel difficult, steady effort and resilience help you succeed.

Family Resilience Challenge

During June, we invite families to take part in small, fun challenges that help us practise resilience.

Resilience helps us keep going when things feel difficult, learn from challenges, and grow stronger. 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 –Keep Going

Try something that feels a little bit tricky (a puzzle, a new sport, or learning a skill). Encourage each other to keep going, even if it is hard.

Challenge 2–Positive Talk

When something does not go as planned, practise saying: “I can try again” or “I’ll keep going.” Support each other with encouraging words.

Challenge 3: Bounce Back

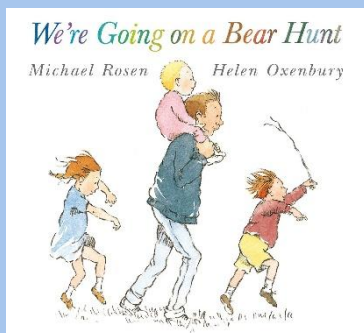
At the end of the day, share one thing that did not go well, and one thing you learned from it. Talk about how you can try again next time.

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.

For June, Mrs Hodge has chosen books all about resilience - stories of characters who keep going, try their best, and bounce back when things feel tricky. We cannot wait for you to enjoy them!



EYFS – We're Going on a Bear Hunt – Michael Rosen

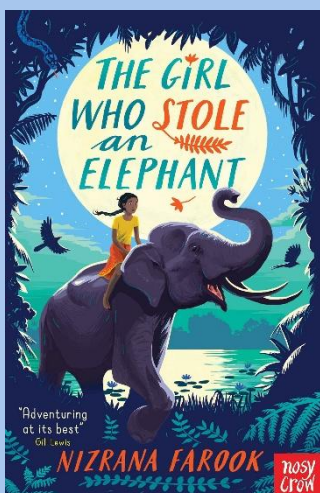
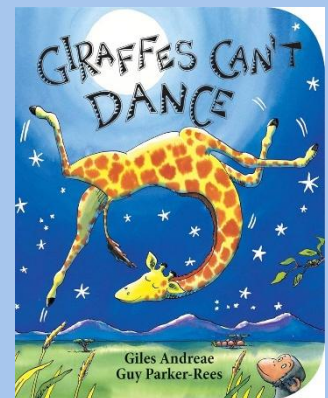
The family keep going through obstacles, mud, rivers, forests-without giving up.

➔ *Resilience link:* Facing challenges and continuing even when things feel difficult.

KS1 – Giraffes Can't Dance – Giles Andreae

Gerald the giraffe struggles to dance like the others but does not give up. With encouragement, Gerald finds Gerald's own way to succeed.

➔ *Resilience link:* Builds confidence, resilience, and celebrating effort over comparison.



KS2 – The Girl Who Stole an Elephant – Nizrana Farook

Chaya faces danger and makes difficult choices, showing bravery and determination.

➔ *Resilience link:* Fast-paced and shows moral courage and resilience.

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	Meara M, Elise, Rosa			
Year 1			Eva F, Samaara	Aslam
Year 2	Ava H	Ciaran M		Arthur C
Year 3				
Year 4	Anushka S, Dharam S	Esmae		
Year 5	William M			
Year 6			Araiya P	
ARP				
Nursery Ladybirds				

A selection of some of the acts of kindness

My child donated twelve” of her hair to Princess trust charity. This was a very generous and thoughtful act, as it was difficult to say goodbye to her long hair. Very proud of her - second time donating her hair.

Whenever my child sees his friends, he loves sharing with them, whether it is food or a toy. He also always greets other parents.

My child asked a homeless gentleman outside Sainsburys what he would like to eat. She got him a sandwich and a coffee.

The night before the school was collecting donations for the Red Cross, I said to my child I would leave £1 on the bench, and we needed to remember for her to take it in. My child said she wanted to use her own money.

My child opened the door of the bakery for an elderly woman without being asked. The woman then bought her a donut!

When we were in bed reading stories my child noticed mummy did not have a blanket on and she said, “here mummy, some blanket for you not to get cold.”

Showing his baby sister new games in the garden and watering the garden to help with chores.

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 focus on resilience this June, think of it as our ability to keep going, even when things feel challenging, just like during Sports Day. Whether we win, lose, or face a setback, resilience helps us stay positive, try our best, and bounce back stronger.

During activities like races, team games, or events, we all experience different emotions, excitement, nerves, disappointment, and pride. Resilience means recognising these feelings and choosing how we respond. It is about encouraging others, staying determined, and not giving up if something does not go our way.

We show resilience when we support teammates, celebrate effort as well as success, and keep trying even when things are difficult. It also means learning from experiences, thinking about what went well, what we found tricky, and how we can improve next time.

By practising resilience every day, especially during moments like Sports Day, we help create a positive, supportive environment where everyone feels valued and confident to take part. Over time, this helps us grow into strong, determined, and encouraging individuals.