Values-Based Living

‘The Fielding Way’

November 2026 – Edition 12

Welcome to Values-Based Living at Fielding

Welcome to the twelfth 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



Our school focus for November

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

Empathy is:

- Thinking about how people are feeling.
- Considering the feelings of other before you act/react.
- Putting yourself in someone else's shoes and consider how they are feeling and thinking.
- Is being aware of how we might impact the feelings of others.

Our School Website: Values Based Education

Our School Empathy poster

Related values for empathy:

Cooperation	**Kindness**	**Happiness**	**Humour**	**Compassion**
Love	**Caring**	**Forgiveness**	**Humility**	

Talking Values with
Karen Esprit
(Child Care Manager, DSL)
Interviewed by our Values Champions



Each month, a member of staff reflects on one of our school values. This month, our Values Champions interviewed Karen, who has been our Child Care Manager for more than ten years, to find out what empathy means to her and how it is demonstrated throughout our school community.

What does empathy look like in your school role?
For me, empathy is about noticing when a child needs a little extra support, listening to them, and helping them feel comfortable, included, and cared for.

Why is empathy important in our school?
When we show empathy, we help everyone feel valued and respected. It creates a happier school where children feel confident to be themselves and know they can ask for help when they need it.

Can you give an example of empathy in action at school?
Sometimes a child arrives at breakfast club or after-school childcare feeling nervous or having a difficult day. I make time to chat with them, help them settle in, and find an activity or friend that helps them feel happy and included. A small act of kindness can make a big difference.

A big thank you to Karen for sharing her thoughts with our Values Champions this month. We are grateful for the empathy, care and support she has shown to children and staff throughout her more than ten years at Fielding, and for the positive difference she continues to make in our school community.

Classroom Voices – The Power of Kindness

Last half term, our Values Champions explored how small acts of kindness can make a big difference through their Empathy Challenge. By smiling and saying hello to new people, including others in play and offering help when needed, they discovered how simple actions can help others feel welcome, valued, and supported. Their experiences showed that empathy does not have to be big or complicated. It starts with noticing others and choosing to be kind.

“Empathy does not have to be big or complicated. It starts with noticing others and being kind.”

Why not set yourself an empathy challenge and see what difference a small act of kindness can make?

Building Respectful Connections

November Focus: Make Your Greeting Count

This month, we are building on our October focus of *Notice and Greet* by encouraging pupils to make their greetings count. Having learnt the importance of noticing others and offering a friendly greeting, we are now developing the confidence to speak clearly and respectfully when interacting with people around school.

A respectful greeting helps others feel welcomed, valued, and included. Whether it is saying *"Good morning!"*, *"Hello!"* or *"Good afternoon!"*, speaking clearly and confidently shows respect and helps create positive connections with others.

We are encouraging children to pause briefly when greeting someone, rather than speaking while walking away, and to ensure their greeting can be heard. Taking a moment to stop, face the person and speak clearly demonstrates respect and effective communication.

Throughout November, pupils will be exploring this skill in their RSHE lessons, where they will learn how positive communication helps to build strong relationships and contributes to a caring, respectful school community.

Our goal is for everyone to greet others with confidence, kindness, and respect throughout the school day, helping to make our school an even friendlier and more welcoming place.



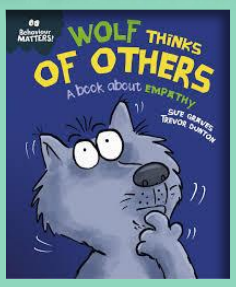
Stories with Values

Mrs Hodge recommends

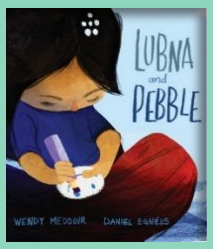


Each edition, our librarian, Mrs Hodge, will share some special stories that connect to our school values – respect, resilience, reflection, and empathy. These books will help us think about the ways we can show our values every day.

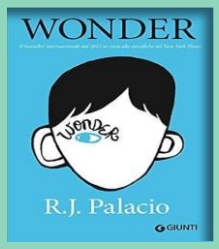
For November, Mrs Hodge has chosen books all about empathy - stories of characters who keep going, try their best, and bounce back when things feel tricky. We cannot wait for you to enjoy them!



EYFS – Wolf thinks of others by Sue Graves
A story about Wolf never thinking about others and learning how his actions affect friends. Good to start conversations around feelings and considering other people.



KS1 – Lubna and the Pebble – Wendy Meddour
This story explores themes of empathy, friendship, and hope, showing how compassion and kindness can bring comfort and connection even in the most challenging circumstances.



KS2 – Wonder – R.J. Palacio
This story dives into what it is like to be different, how others treat you and peer relationships.

Family Empathy Challenge

During November, we invite families to try small, fun challenges that help us practise empathy - the ability to understand and share the feelings of others. Pick one (or more) and see how your family can connect and care together. We would love you to share any stories of how you got on.

Challenge 1 –Feelings Detective Ask someone in your family how they are feeling today. Listen carefully and draw a “feelings map” showing what you noticed.	**Challenge 2–Kindness Kitchen** Cook or bake something for someone else in your home. Think about how it will make them feel and share your creation with them.	**Challenge 3: Story Swap** Share a story about a time you felt happy, sad, or proud. Listen carefully to each other and draw your “empathy hero” who shows understanding and care.

Developing Empathy Through Giving

Our first charity event of the year – supporting Ealing Foodbank

This year, our children have chosen three amazing charities to support - one local, one national, and one global. These partnerships will give children opportunities to make a difference and develop empathy through first-hand experiences of helping others.

Our first charity event of the year will take place on **Tuesday 17th November**, supporting our **local charity, Ealing Foodbank**. The charity provides essential items and support to people in our community who need it most.

On the day, we are asking families to **bring in an item to donate** to Ealing Foodbank. This could include **hats, gloves, toys**, or other useful items to help families this winter. After half term, we will share a full **list of items requested by the charity**, along with further details about how donations can be brought in.

Supporting charities in this way helps children understand the power of generosity, recognise the needs of others, and practise empathy in a meaningful, hands-on way. Together, we can make a real difference — starting right here in our local community.



Quote of the Month - inspired by the author Charlie Mackesy



From the story ***The Boy, the Mole, the Fox and the Horse*****,** this quote reminds us that **kindness is a choice** - and one of the most powerful ones we can make.

The author Charlie Mackesy's gentle illustrations and heartfelt words show how **empathy** connects us, comforts us, and helps us all to grow.

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 here). 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.

Ripples of Kindness - This Month's Celebrations

We are incredibly proud of all the children recognised through our **Ripples of Kindness** initiative this year. Their thoughtful actions, caring choices, and everyday empathy have brightened our school community in so many meaningful ways. As we head into July and the summer holidays, we would love families to keep noticing and sharing the **ripples of kindness** they spot at home, out and about, or on your travels. Every story helps us celebrate how kindness continues to grow.
Here are the children we are celebrating this month, and they will also be recognised during our values assemblies:

	H Class	F Class	P Class	S Class
Reception			Joshua YS	Isabelle G, Leonie
Year 1	Clementine, Elise, Meara M	Tara C		Frankie C, Leela A
Year 2				
Year 3	Nicolas FM	Ciaran M	Victoria G, Ramia, Lucas FT, Colette LK, Rupert R	Krishan A
Year 4		Helena J	Emily K, Phoebe S	
Year 5			Quinton	
Year 6	Harry L		Jasper R	
ARP				
Nursery				

A selection of some of the acts of kindness

- One evening, whilst I was cooking dinner, my child quietly tidied the living room and dining room. He did this without being asked, later telling me, ‘I saw you were busy mummy and I wanted the house to be nice.’ Thank you for showing kindness!

- My child showed great support for a local drama group, giving up his weekend to help build the set for their next production. His time and effort were greatly appreciated by all.

- My daughter found a ring on the floor when we were boarding a train. She took it, gave it to the train manager, and asked them to make an announcement on the train to see if we could find the owner. The owner did not retrieve the ring, but the train manager thought my child was so kind he took her to the buffet cart and let her choose whatever she wanted as a gift. As her father I was incredibly proud of her kindness and clear thoughts and planning of how to get the ring back to its owner.

- My child has been doing a great job being a big sister to her 2-year-old little sister. Recently when they went to the park and little sister fell and was hurt, she took good care of her, wiper her Ouchy and brought her water and snacks and made her feel better on the way home.

- When offered a limited choice of several drinks, my son turned to his friend and said, "You choose first".

- My son has shown incredible kindness to his little sister. Encouraging her with her reading and writing, celebrating her certificate, and being a great role model.

- My daughter was incredibly kind and empathic when her mum was unwell, helping around the house and getting ready for school by herself.

- My child is constantly cleaning up for our communal area and collecting trash every morning. He has been doing this by himself without anyone telling him that needs to be done. Just see and act on it. Our neighbour commented this morning how helpful it is for our community that he takes great care of our shared space I am very proud of him!

- My daughter could see her little brother was sad, so to cheer him up got his favourite book and read it to him while giving him a big cuddle

- My child has been such a kind and helpful neighbour. She has been helping neighbours’ children read and reads books to them too.
- Not only that, but she also always holds the heavy nursery door open for children and parents coming in and out of nursery when we go to get her sister from dragonflies.

- My daughter has made a get-well card and picked flowers - all self-initiated - for our elderly neighbour who has fallen recently and was immobile for a few weeks. She asks about her and whenever hears her wants to check on her and ask how she is doing.

- My child stopped during the mini mile run to help another child who had fallen over