

# Values-Based Living

## 'The Fielding Way'



November 2025 – Edition 2

### Welcome to Values-Based Living at Fielding

Welcome to the second 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

<b>Mahmoud 6H</b>	<b>Elizabeth 6F</b>	<b>Ted 6P</b>	<b>Amelina 6P</b>	<b>Gaurangi 6S</b>	<b>Toby 6S</b>

### 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:

<b>Cooperation</b>	<b>Kindness</b>	<b>Happiness</b>	<b>Humour</b>	<b>Compassion</b>
<b>Love</b>	<b>Caring</b>	<b>Forgiveness</b>	<b>Humility</b>	

# Talking Values with Clare Dunne (Reception/Office)

Interviewed by Gaurangi & Elizabeth



In each edition, a different staff member shares their thoughts on our school values. This time, as part of our focus on values-based living, Year 6 children interviewed Clare, who works on the school's front desk, about what empathy means to her and how it is lived out across our school.

## **Question 1: What does empathy look like in your school role?**

In my role, I show empathy to staff, visitors, and everyone in school. Even when things get busy, I make sure to stay patient and calm. I believe that when you treat people with kindness, they respond in the same way. I want our school to be a kind, calm, and friendly place for everyone.

## **Question 2: Why is empathy important in our school?**

Showing empathy helps others feel valued and respected. It reminds us that we are all part of one school community, working together and looking out for one another.

## **Question 3: Can you give an example of empathy in action at school?**

If someone is feeling sad or anxious about coming into school, I always take time to check they are okay, stay with them if needed, and gently encourage them to go to class. I also meet parents every day, and showing empathy towards them is just as important.

## Classroom Voices – The Power of Kindness

### **Fielding's Values Champions lead the Empathy Challenge**

This half term, our *Values Champions* set out to explore how small acts of kindness can make a big difference. Their *Empathy Challenge* encouraged them to notice others, show care, and reflect on how kindness made both them and others feel.

*"Empathy doesn't have to be big or complicated – it starts with noticing others and being kind."*

### **Smiles that Spread**

One challenge was to **say hello and smile at five new people**.

Ted shared, "It was good - one person I got to know, and we had a conversation. He was in Year 2 and seemed happy that an older child had spoken to him."

Gaurangi added, "A child smiled back. I think it made them feel happy and more welcome in school."

### **Including Others**

Another challenge asked them to **include someone new in play**.

Gaurangi noticed,

"There was a girl who looked lonely. I said hi and asked if she was okay. She told me she did not have anyone to play with, so I invited her to join me. We had a friendly conversation and played together."

Amelina reflected,

"I was near construction and saw a child who looked nervous asking for some bricks. I gave him a brick, and I think that made him feel happy. It made me feel good too — like I had done something kind for someone."

### **The Impact of Empathy**

Our Values Champions proved that empathy shines through in everyday moments - a smile, a helping hand, or simply taking time to listen. These small acts build a kinder, calmer, and more connected school community. Set yourself an empathy challenge today.

# Stories with Values

## Mrs Hodge recommends

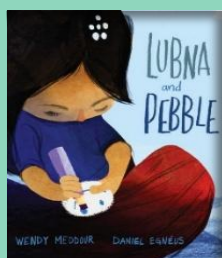
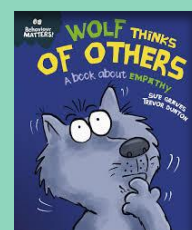
Each edition, our librarian, Mrs Hodge, will share some special stories that connect to our school values – respect, resilience, reflection, and empathy. These books will help us think about the ways we can show our values every day.

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.

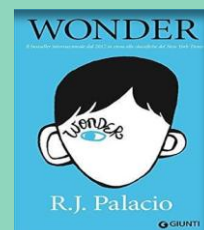


### KS1 – Lubna and the Pebble – Wendy Meddour

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 18th 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

"What do you want to be when you grow up?"



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.