

Values-Based Living

'The Fielding Way'



December 2025 – Edition 3

Welcome to Values-Based Living at Fielding

Welcome to the third 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

Our school focus for December - Reflection

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



Reflection is:

- Thinking carefully about our learning and actions
- Getting to know our own strengths and weaknesses.
- Having quiet time with myself and others.
- Looking back and thinking how we acted and how we could have acted differently.



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

[Our School Empathy poster](#)

Talking Values with Miss Paul (Year 1 Teacher) Interviewed by Ted

Each month, a staff member shares their thoughts on our school values. This month, values champions interviewed Miss Paul who is a teacher in Year 1 and discussed our values and what reflection means to her.

Can you tell us a little bit about yourself?

I have been part of Fielding for four years, teaching in both Year 3 and Year 1. I love working here because it is a values-based school where staff and parents truly reflect those values by being supportive, kind, and welcoming.

What does reflection look like in your school role?

Reflection means thinking about what we have done and considering how we can improve. In class, we regularly review our work and reflect on our behaviour to help us grow.

Why is reflection important in our school?

It is important to learn from our mistakes. Reflection helps us as a school understand our strengths and areas that we need to improve to make positive changes.

Can you give an example of reflection in action at school? In our class, we talk about “marvellous mistakes” and reflect on our attitude towards learning. For example, at the start of the year, some children prefer playing instead of joining lessons. Over time, we help them to reflect on the importance of learning, and we support these children in finding ways to stay engaged in class.



Classroom Voices – The Power of Reflection

Children across the school were asked - What does reflection mean to you? Captured by Amelina & Gaurangi

- Looking back on your actions – Astrid, Year 5
- Looking back on your past and improving your future – Jack, Year 5
- Understanding that you can improve from your mistakes – William, Year 5
- Reflection means taking time to see who you are – Maryam, Year 2
- Taking time to think about the choices you have made – Astrid Year 1

A story about Reflection

Morgan, a pupil at Fielding Primary School, had just finished a group science project. At first, they felt proud of their work, but later during quiet time, they began to reflect on their actions.

Did I listen to everyone's ideas? Did I rush through the experiment? they wondered.

Morgan realised that while they were great at coming up with creative ideas, they sometimes spoke too quickly and didn't give their friends enough time to share. They thought about how they could act differently next time: pause, listen, and make sure everyone feels included.

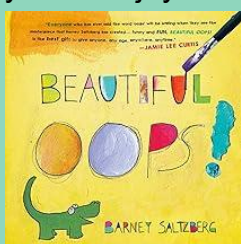
Moral: Reflection helps us learn from what we have done so we can make better choices next time.

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 December, Mrs Hodge has chosen books all about reflection - stories of characters who reflect on their decisions and think about the choices they have made. We cannot wait for you to enjoy them!

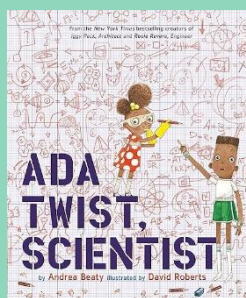
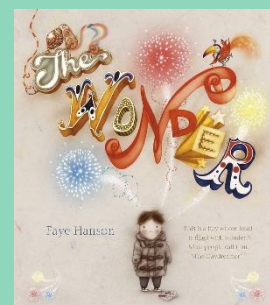


EYFS – Beautiful Oops! Barney Saltzberg

A joyful book that shows mistakes are not the end; they can lead to something wonderful! Perfect for teaching children that reflection helps us turn errors into creativity.

KS1 -The Wonder by Faye Hanson

A beautifully illustrated book about a child who wonders about the world and reflects on big ideas. It encourages curiosity and thinking deeply about experiences



KS2 – Ada Twist Scientist by Andrea Beaty

Ada's curiosity leads her to ask big questions and experiment, even when things go wrong. This book encourages reflective thinking, perseverance, and problem-solving.

Family Reflection Challenge

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

Reflection helps us learn, grow, and make thoughtful choices. Pick one (or more) and see how your family can pause, think, and connect. We would love to hear your stories about how you got on.

Challenge 1 –The best part of my day

At dinner or bedtime, each family member shares:

- The best part of their day
- One thing they would do differently if they could.

Challenge 2–Kindness Replay

Think of one kind thing you did today.

- How did it make the other person feel?
- How did it make you feel?

Challenge 3: Gratitude & Growth Jar

Place a jar in your home. Each day, write:

- Something you are thankful for
- Something you learned or want to improve

Reflecting - A big thank you

In November we held our first charity event of the year, supporting our chosen local charity - Ealing Foodbank.

The charity was so happy with the wonderful support from our school.

Together, Fielding families raised an incredible **£793.56** and filled three carloads with food and other items. These donations will help families in Ealing who need extra support, especially during the winter months.

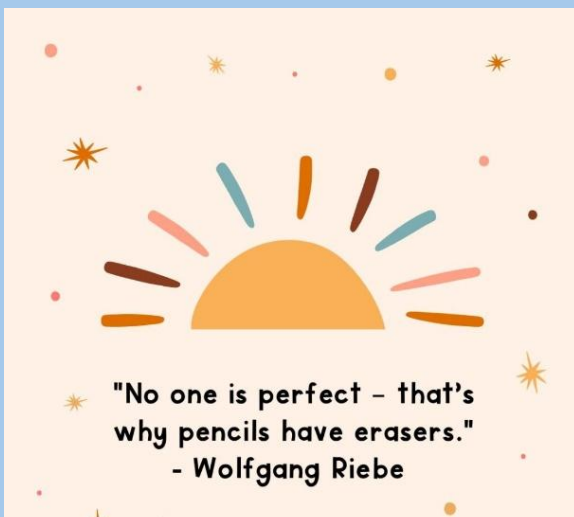
As part of our promise to help others, we have three charity days every year. The children choose the charities: one local, one national, and one global. Our next charity day will be on **Tuesday, 3rd February 2026**, when we will raise money for Cancer Research, our national charity. We will share more details in the new year.

We link our charity days to one of our core values, the value of empathy. We explore how others feel and ways that we can help others. Thinking of others can make a significant difference in the world.

Thank you again for your kindness and support. Together, we are making the world a better place



Quote of the Month



This quote reminds us that making mistakes is okay because that is how we learn and grow. Just like we use a rubber to correct our writing, we can reflect on what went wrong and try again. Reflection helps us become better every day.

Things to think about?

- What is one mistake you learned from recently?
- How did it help you improve?