

Values-Based Living

'The Fielding Way'



January 2026 – Edition 4

Welcome to Values-Based Living at Fielding

Welcome to the fourth 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 - 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 Haines (Deputy Headteacher) Interviewed by Amelina

Each month, a staff member shares their thoughts on our school values. This month, one of our values champions interviewed Mrs Haines who is Deputy Headteacher and who has worked at our school for twenty years.

What does respect mean to you?

Respect means treating everyone the way that you would like to be treated, listening carefully, valuing their ideas, and showing kindness even when you do not agree. It is important because it helps build trust.

Why do you think respect is one of our school values?

Respect is important as without respect there are basically no other values. All values stem from showing respect to someone. Respect is the foundation for a happy and safe school. If we respect each other then learning can happen, friendships can grow, and everyone feels cared for

Can you give an example of respect in action at school?

I see adults and children everyday showing respect. Respect can be seen through all the little things that people do such as saying thank you to someone.

What do you like about working at Fielding?

I've worked here for **20 years**, and I love it because our school is a caring community. Every day I see pupils showing respect, resilience, empathy, and reflection. My job is to make sure everyone feels safe and supported, and I'm proud that our values guide everything we do.



Classroom Voices – The Power of Respect

Children across the school were asked – **What does respect mean to you?**

Captured by Elizabeth.

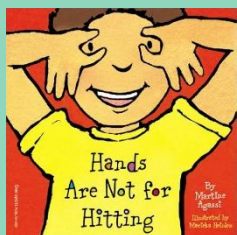
- Respect means treating people how you would like to be treated, that should be with kindness – Margot Year 6
- Making sure you help others – Jules Year 5
- Showing a high-quality type of friendship, helping people when they might be feeling sad. Imogen Year 3.
- Being there for people, being kind and respecting others, which is what respect means to me. Bernice Year 6

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 January, Mrs Hodge has chosen books all about respect - stories of characters who learn the importance of respect through their journey.

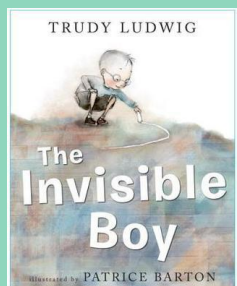
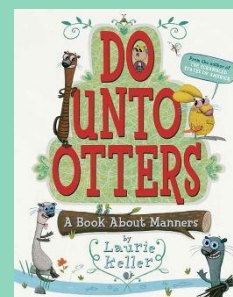


EYFS – Hands are not for hitting by Martine Agassi

This book teaches young children that hands are for helping and showing kindness, not for hurting others. It introduces respect in a very simple, relatable way

KS1 – Do unto others by Laurie Keller

A fun and engaging story that explains the importance of treating others with respect and kindness, using humour and animal characters to make the concept memorable.



KS2 – The invisible boy by Trudy Ludwig

This book explores kindness and respect through the story of a quiet child who feels unseen. Great for discussing how small acts of respect can make a significant difference.

Family Respect Challenge

During January, 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 –The compliment chain

Each family member gives a compliment to someone else in the household every day for a week.

- Focus on qualities like kindness, effort, or helpfulness.

Challenge 2–Listening without interpreting

During one conversation each day, practice listening fully without interrupting.

- After the person finishes, repeat back what you heard to show respect.

Challenge 3: Respect in Action

Pick one shared space and work together to keep it tidy for a week.

- Talk about how respecting shared spaces makes everyone feel valued.



RESPECT

Respect Word search Challenge

Complete the word search. Find all the respect related words listed below.

Share	Respect	Help	Value	Care
Heart	Friend	Nice	Listen	Kind

R	A	T	H	R	N	T	F	D	E	N	D	E	S
S	D	E	T	D	C	V	T	T	R	N	N	E	E
U	L	H	S	E	T	L	E	P	F	H	I	L	U
P	C	P	P	S	T	S	S	P	C	N	K	C	F
H	R	S	E	S	T	R	F	L	A	T	H	S	R
S	E	E	E	K	A	E	R	L	R	N	E	E	I
R	C	L	T	A	L	L	C	C	E	F	A	H	E
L	I	S	T	E	N	V	T	E	I	S	R	E	N
E	E	H	P	T	E	A	E	A	E	H	T	N	D
N	I	R	N	A	N	L	T	N	R	A	N	N	T
E	I	R	U	E	L	U	A	L	R	R	E	D	S
C	E	E	I	D	E	E	E	S	N	E	I	E	I
T	S	E	I	E	C	S	N	I	C	E	D	L	S
E	T	E	T	C	D	N	E	E	V	R	S	I	R

"Your words have power. Use them to spread kindness and inspire others."
— Unknown

Quote of the Month

This month's respect quote tells us that words are powerful. When we say kind things, we make people happy and feel good. Respect starts with the words we use every day. Let's choose words that help and make others smile!