

Values-Based Living

'The Fielding Way'



February 2026 – Edition 5

Welcome to Values-Based Living at Fielding

Welcome to the sixth 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 February

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



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 Resilience poster](#)

Talking Values with Anton (School Site Assistant)

Interviewed by Ted 6P



Each edition, a different staff member will answer questions about Values at our school.

Question 1: How long have you worked at the school and why do you like working here?

I have worked at Fielding for three years. I really enjoy working here because I love seeing the children grow and change as they move through the school. It is wonderful to watch them learn new things, gain confidence, and become the amazing people they are meant to be.

Question 2: What does resilience mean to you?

Resilience means trying your best, even when something feels tricky or when you are having a hard day. It is about not giving up straight away and being brave enough to have a go, even if you are not sure you will get it right the first time.

Question 3: Why do you think resilience was chosen to be one of our core values?

Resilience helps us learn and grow. When we are resilient, we keep trying, even if something feels difficult. This helps us improve, learn from our mistakes, and feel proud of ourselves for not giving up.

Question 4: Can you give an example of a time you have experienced someone showing resilience in school?

I see resilience every day at school. Children show it when they are learning a new skill, like reading, writing, or making new friends. Staff also show resilience by supporting children and helping them achieve something new, even when it takes time and patience.

Values Role Models

In this section, we will explore people from the past and how we can learn life lessons from their stories.

Amelia Earhart was an American pilot who was born in Atchison, Kansas, in the United States.

She grew up loving adventure and became fascinated by flying. Amelia Earhart showed the value of resilience by never giving up on her dream. She learned to fly at a time when many people said women should not be pilots, but she kept practising and believing in herself. Amelia was brave, determined, and willing to try again when things were difficult.

From her story, we learn that **resilience means staying positive, working hard, and keeping going even when something feels challenging.**

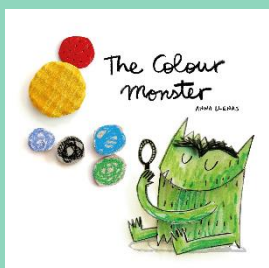


Stories with Values

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 February, 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!

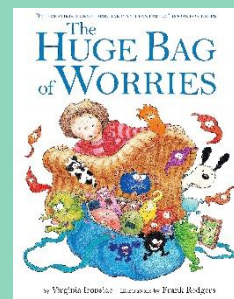


EYFS – *The Colour Monster* by Anna Llenas

This book supports resilience by helping young children recognise, understand, and manage their emotions when feelings feel overwhelming.

KS1 – *The Huge Bag of Worries* – Virginia Ironside & Frank Rodgers

This story builds resilience by showing children that sharing worries and seeking help can make problems feel smaller and more manageable again.



KS2 – *The Boy who Grew Dragons* by Andy Shepherd

This book promotes resilience by exploring perseverance, learning from mistakes, and coping positively when things do not go as planned.

Family Resilience Challenge

During February, we invite families to try small, fun challenges that help us all practise resilience, the ability to keep going, even when things get tricky! Pick one (or more) and see how your family can bounce back together. We would love you to share any pictures or stories of how you got on.

Challenge 1 – Try again

Choose something slightly tricky (a puzzle, recipe, or new skill) and agree to keep going even if it is hard, talking about what helps when you want to give up.

Builds resilience by encouraging perseverance, problem-solving and a growth mindset.

Challenge 2- The Feelings Talk

Once a day, everyone shares one feeling they had and what helped them cope with it (or what they could try next time).

Builds resilience by helping children recognise emotions and learn healthy coping strategies.

Challenge 3: The mistake of the day

Each family member shares a mistake they made and one thing they learned from it, celebrating effort rather than perfection.

Builds resilience by normalising mistakes and helping children learn from setbacks.

COMING SOON



This month, we are excited to be launching **Ripples of Kindness**, a new initiative designed to celebrate and encourage acts of kindness within our school and wider community. The idea behind *Ripples of Kindness* is simple. Just like ripples in water spread out from one small drop, small acts of kindness can have a powerful impact, spreading positivity and care far beyond the original moment. We know that our children show kindness every day, both in and out of school, and this initiative gives us a way to recognise and celebrate those moments.

RIPPLES OF KINDNESS

Small acts, big impact



How will it work?

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:

- Holding a door open for someone in a shop
- Helping a sibling tie their shoelaces without being asked
- Sharing toys or games with others
- Helping to tidy up at home
- Showing kindness to a neighbour or friend
- Offering help or comfort to someone who needs it

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**. 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.