

8th March 2021

Dear Parents/Carers

As we return to school, our values are proving to be more useful than ever. Children gain so much self worth from being with their peers and now is a great opportunity to bolster their self esteem with lots of play and positive shared experiences at school. They will be rediscovering their friendships and within this, rediscovering who they are as individuals.

March's value of 'Individuality' is essential for children to develop their sense of self worth and self esteem as well as helping them recognise the value of differences in others. It links strongly to our values of Independence, Respect and Equality.

The Values Assembly was held on Monday outlining some ideas about Individuality and giving the children some questions to think about back in class. It provided the whole school community with the chance to reflect upon the importance of Individuality and how this value will influence the choices we make in our relationships and the way we see ourselves.

The more we have found out about Individuality as a value, the more we understand how it is tied to self esteem. This feeling of being comfortable in one's own skin is essential for mental health and wellbeing. Today, more than ever before, our children need to value themselves as individuals. Our young people are surrounded by images in the media and the pressures of social media. This means they are forever being asked to compare themselves with an ideal or their peers.

Use this link to find out how you can support your child's developing sense of individuality:

<http://www.kidsacademy.mobi/storytime/self-and-identity-5-ways-encourage-your-childs-individuality/>

We would love to know what your child thinks makes them one of a kind, so please support your child in making their 'person' that they can write/ draw on and decorate in whatever way they like. We will put them on our Values display.

We hope you enjoy exploring this value at home with your child.

Many Thanks,
The Stillness Staff