

Friday 4th March 2022

Dear Parents/Carers,

February became more and more positive as the mornings got lighter, and all of a sudden we are in Spring! The children have used the value of Positivity to guide them in their thinking, helping them look on the bright side and work for the best outcome in any situation.

Our value for March is 'Appreciation'. The children will think about how it feels to be appreciated, and in turn, understand how they have a responsibility to show others that they appreciate them. We will consider all the things in life that we appreciate— both people and things. We will consider how lucky we are to have all that we have. We will think of ways to show our appreciation on a day to day basis as well as special occasions like Mothers' Day.

Please see the blog below for some interesting ideas from developmental scientist Anne Dunlea. We particularly like the research about grateful people being happier people.

<https://gratefulness.org/blog/grateful-parenting/>

Please remember, there is a 'Values Based Education' section on the website, under the 'Our Values' heading on the homepage, where you can access all of the values assemblies and newsletters should you wish to revisit any of the themes.

We have seen so many of our values in action in the past month through our Wellbeing Coffee Morning and our super fast appeal for Ukraine. It's amazing to think that your donations will be at the border in the next few hours. Look out for the next appeal which will be for The Red Cross. We really appreciate our fantastic community.

Best wishes,

The Stillness Staff