



## Our Values

At Woods, we have adopted 6 core values, one for each half term of the school year.

These values provide an important framework for helping to define and validate the work of the school beyond the curriculum. Each value is used as the theme for collective worship, the focus for classroom reflection and quiet corner displays.

Our key values for this year are love, respect, peace, kindness, patience and perseverance.



# Our value for this half term is PATIENCE

**'Always be humble, gentle, and patient, accepting each other in love.'** – Ephesians 4:2

We encourage each other to be able to wait for things with a good attitude. Waiting is difficult and being patient is hard, but trusting God is always better than taking things into our own hands. God shows his patience towards us and as we produce the fruit of the Spirit we learn patience in trusting him.

Our school rule – **We listen to others and always follow instructions.**

When talking, discussing and reflecting on the value of patience, we will explore the following:

Patience is an important life skill that can help us in many different areas of our lives. Whether it's waiting for a friend to arrive, dealing with a difficult task, or facing a challenge, patience allows us to stay calm and focused, even when things get tough.

Here are some quotes that can help inspire patience:

- "Patience is not the ability to wait, but how you act while you're waiting." - Joyce Meyer
- "Patience is bitter, but its fruit is sweet." - Aristotle
- "Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." - John Quincy Adams

So, how can we teach our children to be patient? Here are some tips for parents:

1. **Model patience yourself:** Children often learn by example, so it's important to model patience in your own behaviour. This means staying calm and patient in challenging situations and being a good role model for your child.
2. **Set realistic expectations:** Children have shorter attention spans than adults, so it's important to set realistic expectations for their patience. Start with short periods of time, and gradually increase them as your child gets better at waiting.

3. **Encourage patience-building activities:** Engage your child in activities that require patience, such as puzzles or building blocks. This will help them develop their patience skills in a fun and engaging way.
4. **Praise patience:** When your child demonstrates patience, you can tell them that you have noticed this. This will reinforce the importance of patience and encourage them to continue practicing it.



Here are some tips for children that will be talking about at school, but also for you to share at home:

1. **Take deep breaths:** When you start to feel impatient, take a few deep breaths to calm yourself down. This will help you stay focused and patient.
2. **Focus on something else:** If you're waiting for something, try to focus on something else in the meantime. This could be a book, a game, or even counting to 100.
3. **Set goals:** If you're working on a challenging task, try setting small goals for yourself. This will help you stay motivated and patient as you work towards your goal.
4. **Practice gratitude:** When you start to feel impatient, try to focus on something you're grateful for. This will help you stay positive and patient in challenging situations.

Remember, patience is a skill that takes practice, so don't get discouraged if you don't feel patient all the time. With practice and persistence, you can develop your patience skills and become a more patient and resilient person.

Practicing patience is an important skill that will help us all in our daily lives. Let's work together to be more patient and understanding, just as God is patient with us.

