



Values Newsletter - March's Value of the month – Patience

Messingham Primary School's value of the month for March is Patience. Being patient can be really tricky for all of us at times but it is a value that we feel is really important to develop. We will be looking at why being patient can be hard, how to stay calm when waiting and why we may need to wait in different situations. The children at Messingham show the value of patience every single day without always knowing it so we will be celebrating and acknowledging these times with them whilst also learning more about patience. 😊

During March, we will be encouraging all students to take their time, remain calm and persevere through challenges. Patience is a crucial life skill that will help the children in many areas of their education and personal growth. Whether it's patiently working through a tricky maths problem, waiting their turn during group activities or understanding that progress takes time, developing patience teaches resilience and empathy. By practicing patience, students will not only improve their ability to handle frustration but also learn to appreciate the effort required to achieve their goals, making them more confident and thoughtful individuals.

Our Year 5 Wellbeing Ambassadors have taken a wonderful initiative by setting up a 'Chill Club' during lunchtimes, offering a peaceful space for children who feel they would benefit from some calm time. The club provides a quiet, relaxing environment where students can unwind, reflect or simply enjoy a moment of tranquillity away from the usual busyness and excitement of the playground. This thoughtful initiative helps children recognise the importance of taking care of their mental wellbeing and offers them a supportive space to manage any stress or overwhelm they may be feeling. The Wellbeing Ambassadors are doing a fantastic job in promoting positivity and fostering a sense of calm and support within the school community.

CHALLENGE! Here are five home-learning challenge ideas to help children develop patience:

- **Mindful Breathing Practice:** Spend 5 minutes each day practicing deep breathing or mindfulness. Focus on slowing down your breathing and being present in the moment to help build patience in everyday situations.
- **Complete a Puzzle or Activity:** Choose a puzzle, LEGO set, or craft activity that requires time and attention to detail. Set aside time each day to work on it, remembering that patience is key to finishing it successfully.
- **Read for 15 Minutes:** Set a goal to read for 15 minutes without distractions. Challenge yourself to stay focused and patient with the story, even if it gets tricky or slow at times.
- **Help at Home with a Task:** Offer to help with a task at home, such as folding laundry, cooking, or organizing. Practice patience by taking your time and doing the task carefully.
- **Write a Reflection:** At the end of the week, write a short paragraph about a situation where you had to be patient. Reflect on how it felt, what you learned, and how you could use patience in other areas of your life.

A reminder that more information on Values Based Education can be found on <https://www.valuesbasededucation.com/> or please feel free to chat to myself, Mrs Rose, or any other member of our staff team.

Thank you for your ongoing support and sharing our values with us!

Mrs B. Rose Values Lead

