

**‘Encourage one another and build each other up’ 1 Thessalonians 5.11**

This term we will be focussing in school on the value **Friendship.** Jesus teaches us that the best way to live in friendship is to encourage one another rather than be negative and critical.

Learning to be a good friend, someone who can be trusted and is loyal, can take a lifetime.

Our friends come in all shapes and sizes. Some are young, some are old. Some are always there, some we only see occasionally. How do we choose our friends? What makes a good friend? Are we a good friend to others? A true friend brings out the best in you; how might you do this for one of your friends?

We will think about what sort of friend we are- do we encourage others and build them up, or do we criticise and point out the things they struggle to do?

Friendships are strengthened by spending time together and sharing our experiences. But being a good friend isn’t just about sharing good times. Sometimes we need to show compassion towards our friends when times are tough. That can often just mean listening to them carefully when they want to talk.

Who is the friend you would go to if you were worried or frightened or in trouble? How does this friend make you feel when you are with them? When Jesus was preparing his disciples for the time when he would be leaving to go to be with his father in heaven, he told them that God would send the Holy Spirit to be their friend. The Holy Spirit would bring God’s power into their lives so they would have faith and courage to do as God wanted them to. They knew they would never feel alone again.

The writer of Ecclesiastes puts it very simply: **‘if one falls down, a friend can lift him up’.** (Ecclesiastes 4:10)

In school, we encourage children to be a good friend to others and support each other in good times and difficult times, linked to the British Values of Mutual Respect and Tolerance of others. We support and encourage friendships by providing opportunities for our children to work co-operatively and collaboratively in pairs and in groups. We find ways to support and include children who might be left out of friendship groups and we help our children to restore broken friendships and promote forgiveness and resolution. We also help our children to know where they might receive advice and support if they need it

Mrs Galloway

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