

'Patience' – our Value for this Half-term

As we return in 2016 we have begun with a whole school focus on the value of '**Patience**'. During this half-term teachers and children will hold assemblies and there will be key messages about the value of patience. Children will be set weekly challenges, both inside the classroom and around the school where they will be asked to show patience in action.

Patience is an important life skill. Patience teaches children the value of not having what they want when they want it, a skill necessary for maturity. Patience can help develop the ability to think through and resolve problems; it can stop impulsiveness and improve behaviour. The value of patience lies in its ability to lead to inner calm and emotional strength of character. Teaching patience by example helps children learn resilience, and how to get on better with those around them.

We certainly need this value in today's busy and crowded world. Think of when you are driving, making a journey on public transport, or waiting in any queue! Then think of the angst that is caused by impatient people and the negative feelings that are aroused by them. Let's all try to learn to be a little more patient.

Our key messages and points for reflection for 'Patience' are as follows:

- Patience is being able to wait contentedly:
 - to be heard when you have something to say
 - with yourself when things don't go as planned
 - for others
- Patience is accepting that it is important to wait for the right time to speak or act.
- Patience is persevering when things get tough.
- Patience is showing self-control and staying calm in the face of frustration or boredom.

The children will be considering ways to:

- Wait for an important/exciting event with patience by thinking of ways to pass the time
- Keep being patient
- Not lose their temper
- Show patience towards others

Children will understand that:

- Learning new skills takes patience.

The children will also consider the following questions:

What choices do you have with regard to patience?

What does being patient look like?

How do you know that you are being patient?

This week the children are being challenged to show patience at lunchtime when queuing for their meal. Also they have been set the Smartie Challenge to think about.

Take time to ask your child what they would do and why.

Smartie Challenge

Imagine you have been given an envelope.

Inside this envelope is a magic Smartie.

If you eat this magic Smartie, you will always find tasks that you take on easy.

Take a moment to think about this, and then decide what you want to do.

A – Eat the Smartie?

B- Leave the Smartie in the envelope.



What would it be like...?

- Learning to ride a bike
- Doing the shopping
- Taking a test
- Singing in a choir
- Talking a foreign language
- Playing a musical instrument

What are the consequences for you?

- Would you get the satisfaction from a job well done?
- What would you learn along the way?
- What would you learn about yourself along the way?
- What would you learn about others along the way?
- How would it help you build friendships and relationships?
- What if everybody took a magic Smartie?
- What if only a few people took a magic Smartie?