

Our Value in March is **COURAGE**

- strength in the face of pain, danger or grief
- facing situations of which one is afraid

At school we will ask the question 'What are you really afraid of?' and then go on to consider how to overcome fears by being with and confiding in other people, friends and family. Nothing is ever as frightening when you are not alone. We will look at examples of people in history who have shown courage and reflect on times when we have been brave examining how that made us feel. It is important that we stress that bravery doesn't just relate to physical feats but also to daily words and actions such as being honest and owning up to something even when you know you will be in trouble or standing up for what you know is right even when friends are against you.

We will relate the value of Courage to the story of Easter

Thought for the month

"It takes a great deal of courage to stand up to your enemies, but a great deal more to stand up to your friends." - Harry Potter

At home you could discuss the above 'thought for the month' with your children and decide what you think it means. This month have a go at doing something reasonably challenging and see it through to the end; it could be something like jumping into a swimming pool for the first time, having a shot at ice skating or removing stabilisers from a bike. Encourage your children to be honest about their fears and try to overcome them bravely together.

