



Life at Lambley

Be ready, respectful and resilient

Wednesday 2nd December 2020

Values Newsletter 4

Dear Parents/Carers,

Our value for the month of December is being **MINDFUL**

Being mindful is about being conscious or aware of something or someone.

Jon Kabat-Zinn, an American medical professor and writer, sums this value up beautifully. He once said, "Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgementally."

A school community, made up of pupils, parents, staff and governors, is a busy place indeed and we can get caught up in our busy days and not live in the present moment. Throughout December we all need to pause from our busy days and pay attention to our own needs. We, at school, will use this month to talk to the children about taking time to think about themselves and look after themselves and to speak up when they need something.

This said, we will also look to teach the children about the importance of being mindful of others. As we approach the end of a busy term and as we begin to prepare for Christmas, it can be easy to be less aware of the needs of others. During this festive period of giving, we want to instil in the children the importance of being mindful of the needs of others and the importance of giving them some of our time too.

To support our work at school, it would be great if you could discuss it with your children at home. To carefully explain to them, not only the meaning of being mindful, but how they can show this in school and at home every day.

Thank you for your continued support and help with our key school values.

The Lambley Team

We believe that safeguarding children is everyone's responsibility.

At Lambley we are committed to keeping our children safe from harm. Lee Christopher, Rebecca Shardlow and Jennifer Swinburne have responsibility for safeguarding & child protection. If we have any concerns reported to us we will always take action to protect a child and inform the relevant agencies.