



Life at Lambley

Be ready, respectful and resilient

Tuesday 8th June 2021

Values Newsletter 5

Dear Parents/Carers,

Our value for the month of June is **Patience**

Having patience is having the capacity to accept or tolerate delay, problems or suffering without becoming annoyed or anxious.

Patience is essential to daily life and may help us to lead a happy life too. When we are patient we are able to wait calmly in the face of frustration. In fact, patience is the pause that enables us to gather our thoughts and get our feelings back under control.

In daily life we have ample opportunity to develop our patience and this is important for a number of reasons. Firstly, it helps us regulate our emotions. It also develops our persistence, gives us time to think of others as well as supporting our own mental and physical well-being. Being patient really helps us to take a break, pause and make the best and most caring decisions we can.

In the words of the Poet John Ciardi, "Patience is the art of caring slowly."

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 patient, 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.