

Monday 5<sup>th</sup> July 2021

Values Newsletter 7

Dear Parents/Carers,

Our value for the final month of the school year is Strength

When we talk of strength we need to look at inner strength and mental strength. Our inner strength is the strength of our soul; sometimes referred to us our core strength. Whereas our mental strength is more concerned with the mind and helping us with our thoughts and feelings. It is our strength that keeps us going even when times are hard.

Over the last 16 months, we have all shown incredible strength and the final month of the year is the perfect time to reflect and celebrate the strength we have shown. Indeed, our strength has given us the tolerance, determination, compassion, enthusiasm, confidence and self-belief to carry on, grow and develop during this time. Although it has been hard, we must look back on how well we have all done.

We must also celebrate the resilience, togetherness, determination and successes that the children have achieved. Your children have not only shown incredibly strength to cope with the last 16 months but have also achieved so much at school as well. Their efforts this year have been fantastic and I am blown away by the inner and mental strength they have shown. We expect so much of young shoulders but they carry our expectations so well. I am incredibly proud of every one of them

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 showing strength, but how they can continue to 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