



Life at Lambley

Be ready, respectful and resilient

Wednesday 3rd May 2023

Values Newsletter 8

"A positive mindset brings positive things"

Dear Parents/Carers,

Our value for the month of May is **being positive**.

Being positive means thinking in an optimistic way, looking for solutions, expecting good results and success and focusing on being happy.

A positive attitude at school and in life can help us achieve our goals, which in turn creates more positivity. It truly is an important value for us to teach the children. There are many reasons why a positive attitude helps us all.

A positive attitude awakens happiness. When you are optimistic you become happier. Happiness is not something that we simply find – it comes from within. Thinking positively also helps us aspire and reach our dreams and goals. With a confident mindset, tasks seem easier to fulfil and we have greater motivation. Motivation pushes us forward; helping us to overcome obstacles.

Positivity also helps us to have a better opinion of ourselves. We show greater self-esteem. This in turn gives us more motivation and this helps us aspire.

Research also shows that people who think positively are usually more energetic and healthy. They are happier and this affects their health – the mind has a strong effect on the body and health. Being positive is such an important quality.

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 positive, 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 Whitton 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.