



# Boldmere Values Newsletter



This half term's value is **Appreciation**.

March 2022

## Definition:

To recognise and enjoy the good qualities in someone or something.

## Appreciation reflection points:

- Who do you appreciate? Why? What do you appreciate about yourself?
- How do you show appreciation to your family, friends and people who help you?
- What words do we use to show our appreciation?

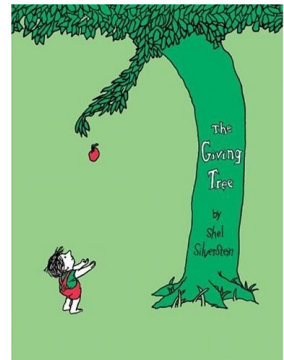


We have all witnessed the value of appreciation, seen its importance and effects over the last two difficult years and have shown it in many ways: through clapping for keyworkers, making posters, banners, cards, chalk messages on the pavements and rainbows galore! We have also learned to really appreciate the simple things too, that often we can so easily take for granted, like being at school, seeing our families and friends.

## At school:

In assemblies and in class, we will be reflecting on:

- Why appreciation is so important.
- How we can show appreciation to the people we know and don't know who contribute to our lives.
- How we can appreciate our environment.
- How we can appreciate familiar things about ourselves.



## At home:

Discuss the different ways that you can show appreciation. You may like to encourage your children to make a thank you card for someone who they appreciate.

I've figured out the secret of happiness. appreciation for what you've got, whether it's a little or a lot.



A person who feels appreciated will always do more than what is expected.

## Related words and values:

- Caring
- Happiness
- Empathy
- Gratitude
- Thankfulness
- Respect

