

Values are principles that guide our thinking and our behaviour.



This month's value is

Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny." *Mahatma Gandhi*

PATIENCE

Patience is...
... being able to wait until it's time
... staying calm and not becoming annoyed



January 2018

Patience links with several of our other values such as self-control and perseverance and I hope your children showed it in the lead up to Christmas if you were celebrating it!

You might want to share with your child what patience looks like:

People who show patience:

- Wait until it's time.
- Stay calm and don't become annoyed.
- Wait without complaining.

People who show patience realise:

- That staying relaxed and calm makes you feel better on the inside.
- Staying happy and optimistic increases your self-control.

- Meditating can help control your emotions.

People show patience by:

- Waiting without complaining.
- Maintaining eye contact and nodding to show interest.
- Staying relaxed, calm, happy and optimistic

Someone who really shows patience in their work is Adrian Grey, the pioneer of stone balancing art. Over the last 14 years he has been exploring the fine art of balance. Using carefully selected weathered stones he creates sculptures that range in size from desk top balances to monumental 6m installations.



<https://www.stonebalancing.com/>

Challenge: Could you show patience and make something tricky balance at home? Take a photo and bring it into school or email it to office@coppettswood.barnetmail.net and we will add them to the display in the main entrance and share them in the newsletter!



VALUES

Patience

A story about patience



"Slowcoach Sunflower"

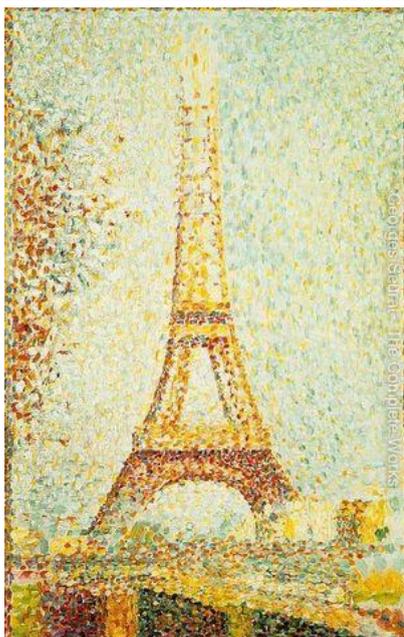
There was once a teacher who gave his pupils some seeds so they could plant, and look after, their very own sunflower. One boy in the class, who loved sunflower seeds, was so excited that he planted the seed and looked after it with great care for many days.

When the first shoot finally appeared, the boy, filled with impatience, went to see his teacher. "Can I uproot it yet?" he asked, anxiously. The teacher answered that he would still have to tend the plant for quite some time before he would be able to collect many seeds from just one sunflower. The boy was disappointed, but he kept on looking after his sunflower.

However, he grew increasingly impatient, and did little else but pester his teacher about wanting to take out the plant. Despite the teacher asking him to be patient, as soon as the boy saw the sunflower's first seeds, he cut the plant so he could eat them. But the plant was still green, the seeds were not ripe, and of course they couldn't be eaten.

The boy was devastated: He had put so much effort into caring for the sunflower, but in the end he had squandered it all for a simple lack of patience. And he was even angrier when he saw how enormous his classmates' sunflowers grew. Ultimately, he resolved not to be so impatient in the future, and to listen to his teacher. Fortunately, he wasn't completely out of luck, and his friends were good enough to share their delicious sunflower seeds with him.

The end.



This month's art work...

The Eiffel Tower

By George Seurat

Seurat used a technique called pointillism to create his painting. He painted using tiny dots of colours directly on the canvas, without mixing the paint. This way when you stand a distance away, the dots seem to blend in into the desired colour. This painting is to remind us of the importance of patience which Seurat must have had lots of when creating this painting.