

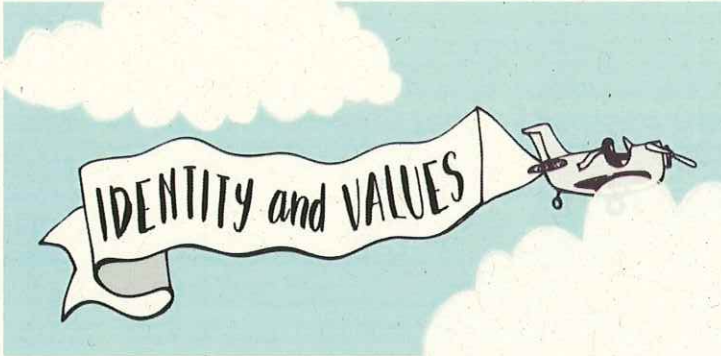


# Stockport Schools Relational Round Up

Welcome to May 3 of our Relational Round Up for Stockport Schools.

These newsletters are here to offer a regular well-being top tip for families and share good stories from our schools across Stockport during our current new ways of living.

We are living through some demanding and testing times. It can be hard to keep balanced and to feel secure whilst surrounded by changing routines and ideas of safety. A way to help us find some reassurance and confidence can be through connecting with who we are and what values are important to us. Here are some **top tips** to reconnect with our values and to find ways to protect our well-being.



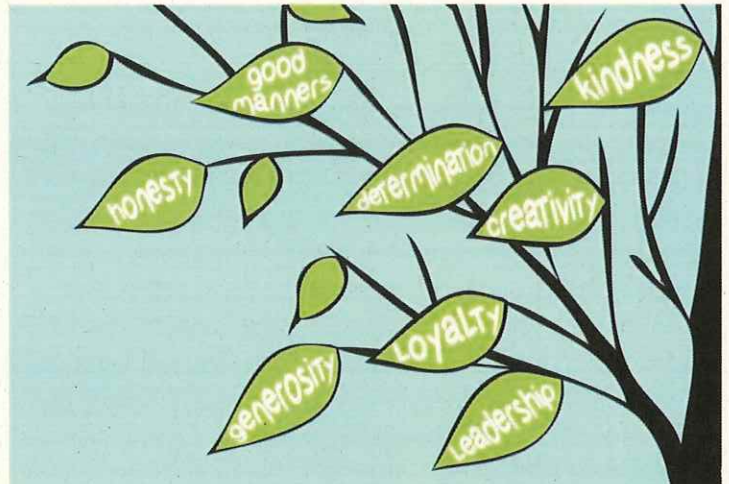
Our identity, who we are as a person, is made up from many different things; where we are from, our religion, our language, what we like and much more.

Being connected with our identity can provide us with courage and the confidence to flourish.

A way to learn more about our identity is to think about our values.

Values are a group of characteristics, ideas and areas in our life that are important to us. They are ideas about what matters to us and act like an inner compass.

They guide us in being the person we want to be, the way we would like to treat ourselves and how we wish to treat others.



Our values can be affected by the different roles we play in our lives, as a friend, a parent or work colleague.

Each of us is unique and will value things differently and we can learn from others who have different values from us.

This provides us with a chance to see things from another perspective and helps us to be open minded.







# VALUES

It can be useful to take time out to reflect on what we mean by values. This list of [core values](#) may help.

Each Family has its own framework of values which can help us become more mindful in creating the future we wish to experience.

It can be helpful to think of our own wishes as a parent when starting to consider what our core family values are. You may share some of the ideas expressed in this [wholehearted parenting poster](#).

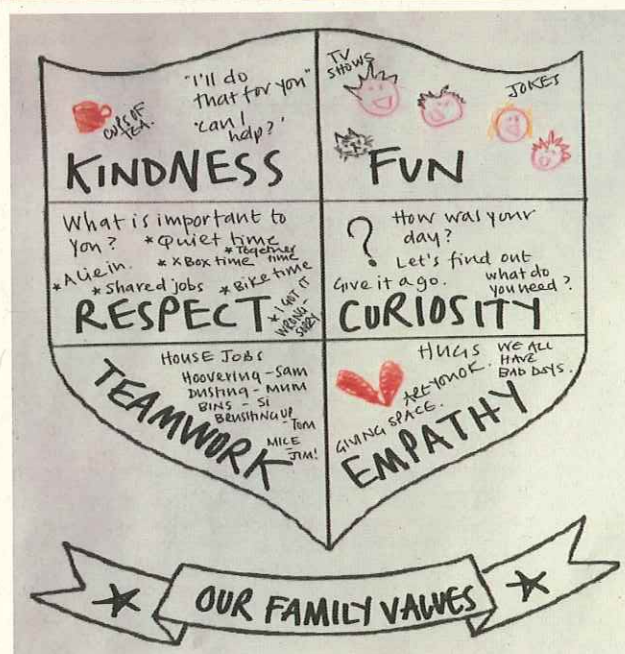
One **top tip**, whilst we are living through such unsettled times, is to take some time together to identify your core family values and talk about how they play a part in your daily family life. It can be a good way to feel good about yourselves and help us when we are faced with difficult decisions or tricky problems to solve.

**Step 1: A list of things we love to do.** To help identify what your values are, get together as a family and write a list of all the things that you like to do together; the things you love, the books you like to read, the subjects you like in school, what motivates you etc

**Step 2: Start to find the Values.** Using this list of things you love to do, start to identify the values that are key in these activities and begin to draw out the core values that you believe in as a family. This list of [core values](#) may help.

**Step 3: Create your Family Coat of Arms.** You could then create your own [family Coat of Arms](#). Choose some of your key values from your list and then describe what these will look like when they are practiced in your house. Together try to think of things you do that show these values in action or think of what things you say, to show what they sound like in action.

This can then be useful to refer to at times when you are faced with a problem to solve or a decision to make.







BSS Primary Jigsaw team have created a bespoke story with activities for families to share at home called with the **'The day we went back to school'**.



Written by Wendy Smith and illustrated by Jessye Gardner, this story can help with starting to explore the various thoughts and feelings that returning to school after lockdown could bring.



There are also some activities, to support the values and ideas within the story, to share with your child and help begin to plan how to be best prepared for returning to school.

Here is the [link](#) to this story and the activities.







This week's [Wild Well-Being activity](#) from BSS Forest Schools encourages some fun den building.

## Experience: Make a Den



### What do we do?

- Tie or lash 2 roughly equal length sticks or poles together at one end (Fig A).
- Do the same again so you now have 2 x A frames (Fig A).
- Stand and hold-up to two A-frames, placing the 'spine' stick across the top (Fig B).
- Attach the spine to the 2 A-frames at each end using string or cord (Fig B).
- Now you have your frame, simply throw over your chosen covering and enjoy (Fig C).
- Peg or weigh down in windier conditions.



Fig A

Fig B



Fig C



### Risk / benefit analysis:

**Benefits:** Fresh air if outdoors, gross & fine motor skills, sense of achievement, problem solving, foraging for sticks, quick activity, easy to do indoors or outdoors, no need to use furniture if indoors, creating a safe, special space.

**Risks and Controls:** Be mindful of splinters, make sure the frame is secure and stable, do not use heavy branches.

### Extension ideas:

- If outdoors, make 2 or 3 and introduce den games such as Capture the Flag.
- Use as a workspace. While stuck at home encourage children to use the den as their office.

### Resources:

- 5 sticks / poles of roughly equal length.
- String, paracord, wool or anything else to hand.
- Tarpaulin or sheet of any variety.
- 2 x pegs or sharpened sticks.



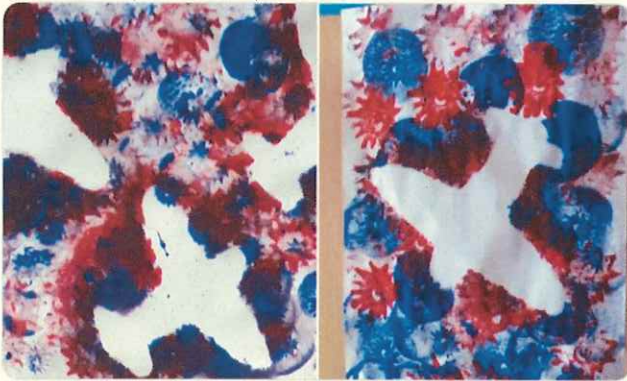




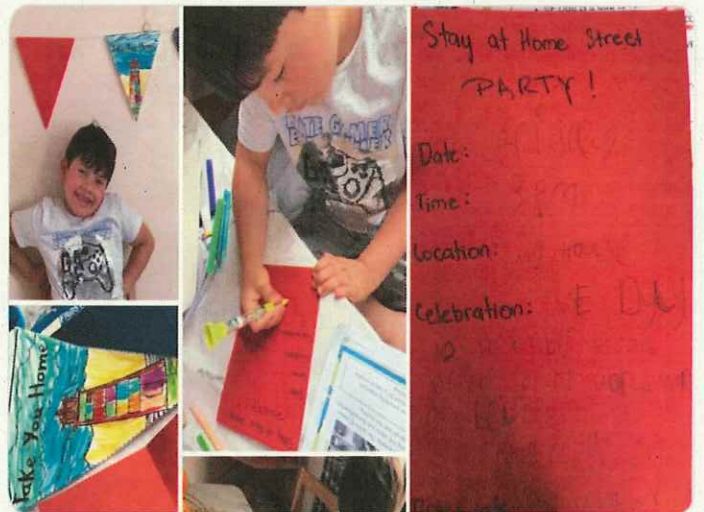
## Let's share some good stories from across Stockport Schools.



The Bank-Holiday VE day celebrations have been in full swing across our Stockport School community. Above shows the shared celebrations with key workers children at **St John's Primary**.



The keyworker children at **Cheadle Primary** produced some eye catching art work in aid of VE day celebrations.



With some superb party planning skills being shown from **St Bernadette's Primary** pupils.

**Reddish Vale** @ReddishValeHS · May 5

@stockportRA Many of our wonderful students have been working from home and producing excellent work whilst in lockdown. Lewis Speckleton, Year 7, has been baking for his family, including his grandparents and key workers. We are very impressed with his outstanding skills.



We received this lovely message from **Reddish Vale High School**.

We will be sending out the next Relational Round Up letter in the week beginning June 8th. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to @stockportRA.

*R. Mi*

