



“Values are principles that guide our thinking and behaviour.”

Colossians 3:16

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with **gratitude** in your hearts.

Welcome to the latest edition of the St Thomas of Canterbury Value of the Month newsletter. Last month's value was the value of Environmentally Aware; and how much we explored and discovered as a result! This month, as we approach the last few weeks of term, we reflect on and offer Gratitude for what we have, and what we have achieved.

“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

This month's value is:

Gratitude

Under the Core Value of:



Gratitude is defined as: the quality of being thankful; readiness to show appreciation for and to return kindness.

We have so much to be thankful for; the school we have, the children and community that it represents, the lifestyles and privileges we are able to lead, the faith we have, and the experiences we are exposed to. One key message we give to our pupils is this: **What you focus on gets bigger.** Why do we say this? Because we want our children to grow into citizens who empower themselves to focus on the strengths and gifts they have, and to see each and every situation through a lens of possibility, rather than being drawn to things they cannot control or influence. Gratitude is a major part of this; taking time to be thankful to others and to God for what we have is a vital part of our spiritual development and connection with others, and our creator.

What The Children Say:

As their understanding develops, we are really keen to hear from your children at home about their interpretations and understanding of Gratitude. Please tweet the school account @StThomasCant, and/or the class Twitter accounts with any activities or discussions you have had.

How Can you Support At Home? Each night before your child goes to sleep; ask them to think of three things they are thankful for from the day.

This is a really lovely guided meditation for children based on the value of Gratitude

<https://www.youtube.com/watch?v=64QzBuhsyuk>