

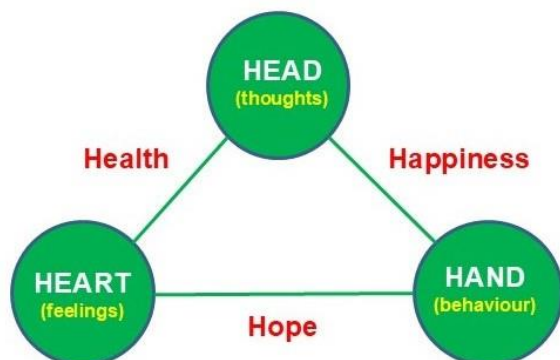
NEWSLETTER 57 - AUTUMN 2024

Bringing values to life

The Human Values Foundation has been a Partner of [World Values Day](#) since it was established by the UK Values Alliance in 2016. Each year a vibrant campaign starts as the sun rises to the west of the International Date Line. This year it was on 17th October.



The theme was '*bringing values to life*'. Millions of people joined in the celebrations as individuals and in groups, communities and organisations. The Human Values Foundation hosted two workshops demonstrating how actionable, visible values in nursery and primary school settings positively impact the culture and provide guideposts for children and adults alike.



"HEAD, HEART and HAND" has long been an effective way of summarising what social and emotional education is about. This diagram illustrates how values affect us personally and collectively as we learn to live them.

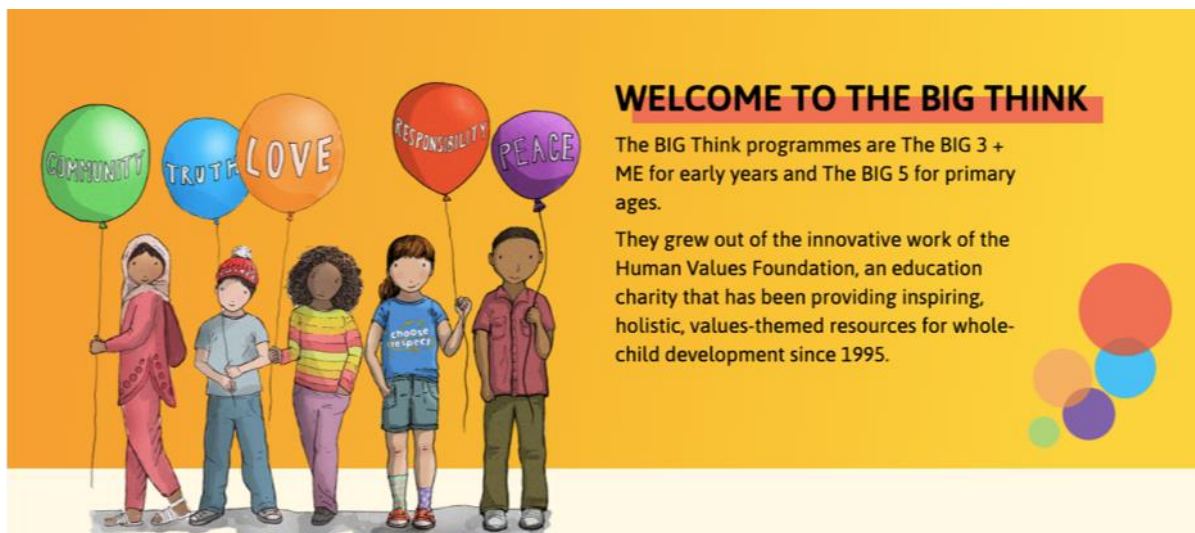
- HEAD – They provide standards, guiding our thinking and decision-making.
- HEART – They facilitate managing our complex inner selves and emotions.
- HAND – They influence our behaviour.

Since 1995, we have supported schools with skills-rich programmes that balance the intense focus on academic progress with the development of social and emotional capabilities. The outcomes include sustainable happiness, health and hope.

Many practitioners know in their hearts that the education system needs a reset. To address this, we offer two engaging, values-themed programmes: **THE BIG 3 + ME** for ages 3 to 5 and **THE BIG 5** for ages 5 to 11. These programmes provide both children and teachers the opportunity to reflect and visualise better pathways forward. They are designed to embed a holistic pedagogy within an empowering curriculum that nurtures curiosity, stimulates imagination, develops key social and emotional skills, builds character and enhances individual interests and talents.

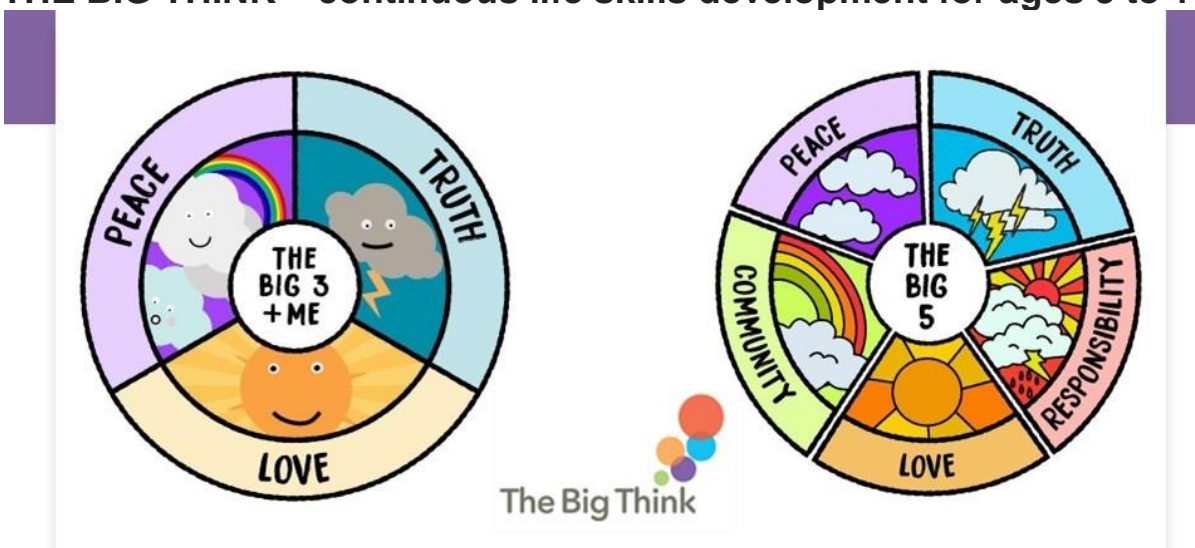
Teachers find great satisfaction in observing their pupils seize purposeful opportunities within the practical learning modules and witnessing their growing agency. As an Early Years Lead remarked about THE BIG 3 + ME, "*This programme has JOY at the heart of it!*"

Refreshed website featuring THE BIG 3 + ME and THE BIG 5



On World Values Day we launched our refreshed website, which provides online resources for mastering essential life capabilities: **THE BIG 3 + ME** for ages 3 to 5 and **THE BIG 5** for ages 5 to 11. Do explore them! the-big-think.org.

THE BIG THINK – continuous life skills development for ages 3 to 11



THE BIG THINK pair of skills-rich, values-themed programmes for ages 3 to 11

- ❖ **THE BIG 3 + ME** nurtures the Early Years Personal, Social and Emotional goals of **self-regulation**, **self-awareness** and **building relationships**.
- ❖ **THE BIG 5** fosters the essential capabilities of **self-regulation**, **self-awareness**, **responsible decision-making**, **building relationships** and **social awareness**.

The research is clear: a strong educational foundation in the early years increases the likelihood of later success. Both programmes are teeming with activities and tasks for rehearsing social and emotional skills conducive to significantly enhancing wellbeing, behaviour, the quality of relationships and academic outcomes.

A challenging period with changes afoot

This year has been challenging for us, particularly as schools have been waiting for changes from both the old and new governments!

Factors such as the cost of living crisis and its effects on school budgets, an expected general election and concern about the Ofsted single-word judgements have resulted in some school leaders delaying their decision about adopting our programmes as they await clarity. However, we have in the growing family of BIG THINK schools and nurseries, practitioners who don't want to wait for inevitable curriculum modifications. In the interests of their pupils, they are pressing ahead with doing things differently and are committed to driving forward a more child-centred, purposeful education and better training and working experiences for their staff.

When we were awarded a grant in 2023 from the Education Endowment Foundation (EEF) to create THE BIG 3 + ME programme to fill Early Years provision gaps that had been identified, we benefitted enormously from the EEF's excellent, insightful, research-informed workshops. Great emphasis was placed on the need to upskill practitioners.

We have now incorporated into the training associated with both our programmes, elements from the EEF guidance to advance the quality of teaching and learning. Change and doing things differently can be daunting but also very rewarding. We aim to ensure the professional development of front-line staff promotes agency and ownership of new, forward-looking, innovative education practices. Our training sessions support practical implementation of approaches that will enrich leadership, the curriculum and pedagogy and better equip children with the capabilities they need now and as our fast-changing world evolves.

Traditionally, the education system has concentrated on cognitive development but there is growing recognition of the need to rebalance that focus and give equal importance to nurturing non-cognitive skills like motivation and self-regulation. This shift can create a more inclusive and effective learning environment for all children.

We are constantly heartened by the enthusiasm and energy of teachers who beam with pride as they tell us about the **"amazing learning from The Big 5 lessons"** and provide typical comments such as this from an Early Years Foundation Stage Lead, **"The BIG 3 + ME session is a real safety net and the children have now got a framework to talk about all the stormy feelings from playtime. I absolutely love it."**

THE BIG 3 + ME

Celebrating the start of another lesson!



THE BIG 5

Children considering a BIG QUESTION

Training for a pragmatic approach to an exciting journey

Work on refreshing the website has not quite finished! We have found that teachers and nursery staff need to see lessons being delivered several times to give them the understanding and confidence to deliver the various, impactful activities effectively. We are indebted to St Paul's And All Hallows' CofE Infant and Junior Schools in London for allowing us to film them using The Big Think programmes. We are now creating snippets from the exhilarating footage for social media posts and a 6-minute training film for each of the two programmes to be used in introductory webinars. There will also be two longer films available to subscribing schools and nurseries so that their teams can view the techniques as often as they require.

This is a costly project but we believe it is essential and will prove very worthwhile. The publicly available clips will demonstrate the power of both THE BIG 3 + ME and THE BIG 5. Watch out for them on the website!

Supporting the HVF

We would like to pass on enormous appreciation to the grant-makers who make it feasible for some smaller schools and some in socio-economically deprived parts of the country to have subscriptions for THE BIG 3 + ME or THE BIG 5, along with our special training, at discounted rates. We are most grateful for the latest such donation, this time from the Mrs L D Rope 3rd Charitable Settlement. It will enable schools in Suffolk to afford enhancements to the quality of their teaching and learning, which larger schools can more easily access due to their larger, headcount-related budgets.

We are also very appreciative of all the wonderfully generous supporters who wish to remain anonymous, having so kindly made donations since our last newsletter. A BIG THANK YOU too to each of our loyal subscribing Members and Friends: Roger Arthur, Alyson Carter, Joy Carter, Winkie Harrison, Rosie Lipscomb, Anthony and Nicole O'Flaherty, Mike Roberts, Penelope Sapiro and Geoffrey and Ann Steinberg.

Be in no doubt that YOU are the HEART behind all that the HANDS of the HVF Team endeavour to achieve so that together we can give hundreds of children a real HEAD start to their school careers and onward life journeys.

AND FINALLY ...

We value comments, suggestions and ideas about how we might win sponsorship for our contributions to moving the education dial forward. Feel free to ask for information about The Big 3 + ME and The Big 5 programmes and share it with your family members, friends, colleagues, potential subscribing Friends of our charity and others. Do contact:

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Alternatively, ring 01403 259711 or e-mail: yes2values@hvf.org.uk.

The charity's website is: www.humanvaluesfoundation.com.

The Big Think's website is: www.the-big-think.org.

The HVF Team wishes all our readers happiness, good health and hope.

Patrons: Sir Michael Morpurgo, OBE, FRSL, FKC, DL;
Prof Kamran Mofid, PhD; Dr Kevin Auton, PhD

Education Advisor: Sir Anthony Seldon, MA, PhD, FRSA, MBA, FRHistS, FKC

