



NEWSLETTER 48 – SPRING 2020

NEVER BEFORE HAVE OUR VALUES MATTERED SO MUCH

As the COVID-19 pandemic unfolds each day and most of us are in lockdown, people are courageously summoning extraordinary qualities and responding in exceptional ways to try and help out during this emergency. The NHS has had to mobilise like never before. We are enormously grateful to all who are so altruistically making exceptional efforts to look after us and get us through this devastating turmoil.



We act according to our values – and what amazing things are happening when we are motivated by our core values, whether at home or out in our communities.

The *Clap-for-our-Carers* campaign is just one example out of so many. Starting with the first round of applause on Thursday 26 March to thank the NHS workers selflessly helping in the fight against coronavirus, the clapping is now a regular event aimed at everyone “helping our world to keep turning”, including all healthcare workers, emergency services, our armed forces, delivery drivers, shop workers, public transport staff, postal workers, teachers, refuse collectors, vets, cleaners, engineers and all other ordinary people who are out there amidst all the anxieties and making profound differences to our lives.

WHAT TO TEACH CHILDREN DURING LOCKDOWN

This is from an unknown source about what to focus on with children while schools are shut.

Don't become preoccupied with your child's academic ability, but instead teach them to sit with those sitting alone.

Teach them to be kind.

Teach them to offer their help.

Teach them to be a friend to the lonely.

Teach them to encourage others.

Teach them to think about other people.

Teach them to share.

Teach them to look for the good.

This is how they will change the world.

OUR OFFERINGS FOR THIS TIME OF SUCH UNPRECEDENTED CONCERN

The Big Think - A free kit for teachers and parents to support children

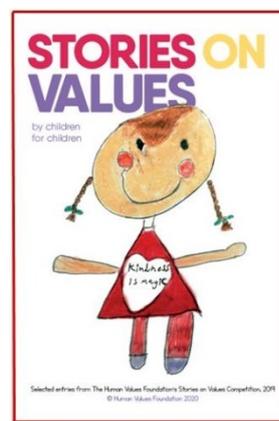
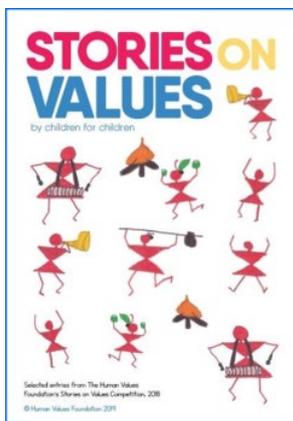
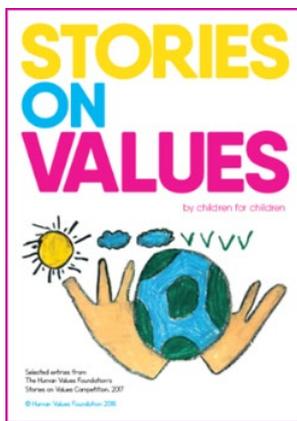
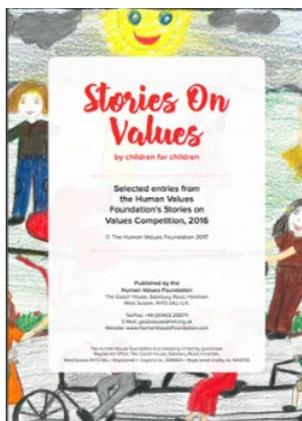
Just before schools closed due to the coronavirus outbreak, our programme developer for *The Big Think*, Sarah Pengelly, rapidly worked with her team of talented writers, illustrators and graphic designers to make available an Assembly and Lesson Kit specifically to provide support for children during the crisis. It is freely available for anyone, including parents, to download from The Big Think website: the-big-think.org. We hope that in particular, the gentle music and visualisation, *Compassionate Cloud*, and The Big Song, *Friend*, about friends across the world making differences together and reaching out to those in need of support, will help to lift spirits and inspire positive actions.

Stories On Values – free booklets from our 2016, 2017, 2018 and 2019 competitions

On our social media platforms we have been publicising the availability of our four booklets of *Stories On Values* by children aged 7 to 11. They are all downloadable from the News section of our new website: humanvaluesfoundation.com.

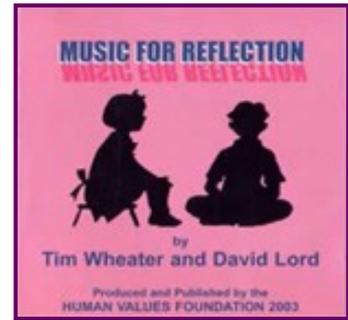
To give you a measure of the extraordinary perception of such young citizens, here are the titles of the topmost stories in each of the booklets:

- 2016: * Garden of Hope by Janna (aged 10)
* Hope Saves the World by Jed (aged 8)
- 2017: * Love Finds a Way by Giselle (aged 9)
* Global Awareness by Melanie (aged 10)
- 2018: * The Kind Boy Krish by Sherwin (aged 8)
* The Power of Silence by Laya (aged 10)
- 2019 * Always Be Kind by Shaheer (aged 11)
* Kindness is Golden by Toby (aged 9)



Music For Reflection

Our values-themed teaching resources have supported schools with the holistic development of children for 25 years now and one of the most appealing aspects has been the ‘*Silent Sitting*’. Children have loved our Music For Reflection and the accompanying visualisations.



In the past these few minutes of Silent Sitting provided important opportunities for children to quieten their minds and bodies and be peaceful for a while. The effect was to draw out the inner virtue from even the most aggressive children, allowing them to contact their inner source of wisdom.

While attending school, Silent Sitting calmed children and relieved stress and tension, enabling them to concentrate better and they were often at their most creative afterwards.

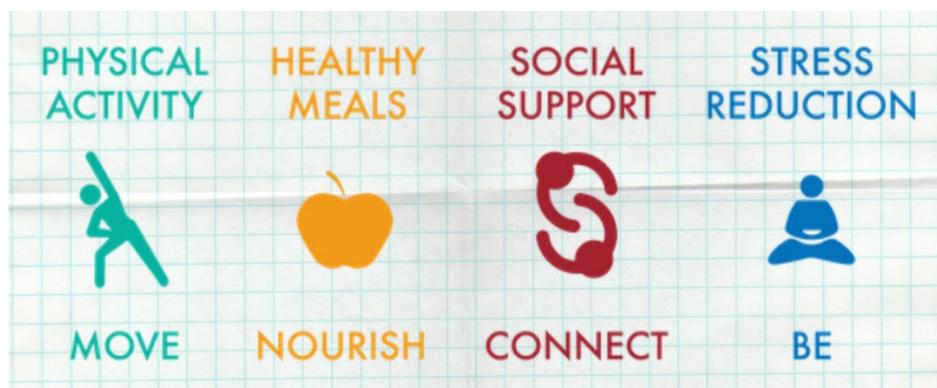
We have been letting schools and families know that three of the 3-minute soothing tracks from the CD can be listened to directly from our original website: humanvalues.org.uk.

- * Seeking the Stillness
- * Peace Pipe
- * Arabian Nights

News about Education in Human Values - At the end of December 2019 we granted a licence to a company in Mexico with a charitable foundation, giving permission to translate our first programme, Education in Human Values, into Spanish with a view to trialling it in 10 schools in Mexico City and then extending its application throughout the country. We look forward to progressing this once more normal life is restored.

IDEAS FOR MAINTAINING OUR WELLBEING

As we isolate ourselves and collectively try to contain the global pandemic with social distancing, it has been suggested that we deliberately create some daily structures using a universal prescription of *Move, Nourish, Connect, Be* – incidentally, all of which we promote in The Big Think. It is said that together this helps to produce sanity, safety and human thriving so we can maintain our wellbeing and the wellbeing of our families and communities.



* **MOVE** – Our bodies need to move, so to maintain our physical and mental health, we are advised to build at least 20 minutes of movement per day into our structure. YouTube exercise videos range from 3-minute workouts to more than an hour and many of them are family-friendly.

* **NOURISH** – It has been suggested that we don't go without the small treats that bring us joy but it is helpful to set up a daily structure that generally fills us with nourishing, healthy foods and that we perhaps structure one or two 30-minute slots of cooking into our days and perhaps teach our children some culinary skills.

* **CONNECT** – For most of us, this is key and fortunately technology can help us remain connected. We tend to feel good when we are seen, heard and understood by another human and are able to extend the same in return. With the current restrictions, we need to deliberately get in touch each day. Some of us can offer support and some of us need to ask for it. It is suggested we tell the truth about how we are feeling and what we are experiencing and listen with kindness. It is wonderful how many people are generously offering their assistance in all kinds of ways.

* **BE** – Amidst all that we are “doing” to adjust, cope with, protect, keep working, look after our household members, occupy ourselves, etc, we need moments to simply BE. It is suggested that we pause long enough to let our nervous systems stabilise after prolonged activation. People are experimenting with finding what works for them. This can be meditation or guided relaxation, watching a TV show – whatever enables us to just BE. At times, we might find that painful emotions become loud or overwhelming when we try to slow down so we need to recognise this and try and be gentle with ourselves and others.

WHEN LIFE GETS BACK TO NORMAL

Last June the Department for Education published its new Education Inspection Framework setting out expectations for schools in England so as to better balance academic learning with a more holistic education that equips young people for life. The latter has always been central to our work.

Before the pandemic gripped us all, primary school teachers were preparing for mandatory Relationships Education from September 2020 (Relationships and Sex Education in secondary schools) along with Health Education. School leaders were devising strategies and policies and determining how to train staff, identify teaching materials and plan the implementation of their whole-school approach to achieving the new statutory curriculum areas.

We feel that **The Big Think**, with its 88 practical, carefully structured, interactive, values-themed lessons will be even more helpful, particularly on account of how it enables schools to address, in safe, supportive classroom environments, many of the contemporary subjects, concerns and issues facing today's children. Headteachers and those responsible for children's pastoral care, especially PSHE teachers, using The Big Think programme were praising the power and depth of its ready-to-teach modules. While schools are closed, our Programme Developer, Sarah Pengelly, plans to increase the number of lesson kits so that the set of learning modules aligns well with the extended, new curriculum and therefore helps schools ensure they have an engaging, comprehensive Personal Development scheme of work that meets Department for Education 2020 expectations.

DONATIONS

Two years ago we decided to embark on the development of our new programme for children aged 4 to 11 and the website for **The Big Think** in the full knowledge that our financial resources would be much depleted. As explained above, with additions to the curriculum in England to include Relationships and Health Education from September 2020, we now need to add some more learning modules, so we would much appreciate all donations of whatever amount, to help us support schools with the latest learning expectations.

This year is **our Silver Anniversary**. It's no exaggeration to say that we have reached this milestone only because of all our wonderfully generous supporters. We are enormously grateful for all the generous financial contributions that have enabled us to provide schools with programmes that improve the quality of teaching and learning for a generation of children, some of whom are now parents and teachers – and we hope being able to draw on their values education to get themselves and others through the crisis engulfing the world. It is very evident that young people experiencing the current emergency need to be '*values literate*' and therefore empowered with attitudes, skills, knowledge and values that enable them to make sound choices and apply their energy and talents to good effect throughout the coming uncertain months and on into an even more unpredictable future for all of us.

We would like to express our deep appreciation to the trustees of The Tony Metherell Charitable Trust for their regular donation, and to the member of a family trust, to the trustees of The Allen Charitable Trust, The Lawson Charitable Foundation and those of The Joan Ainslie Charitable Trust, along with our dear late Member, Audrey Nightingale-Young, who left us a legacy. Your kind donations have allowed us to plan for and continue to extend our work so that teachers can confidently nurture and progressively develop children's character strengths, empowering their pupils to think for themselves, especially about social issues, their relationships and becoming more aware of the consequences of their actions, thereby enabling them to make choices that can improve all aspects of their day-to-day lives and their stewardship of the natural environment.

Our subscribing Members and Friends have been remarkably encouraging and generous over the years and we thank you very much for your continued support that means we are able to continue to improve the quality of schoolchildren's lives and their prospects. Some donors wish to remain anonymous – for us you are glistening stars and we thank you. We also very much appreciate the funding we have received from Kevin and Jill Bell, Jacqueline Clark, Brenda and Norman Clarke, Winkie and Bryan Harrison, Carol Hellyer, Tim Lipscomb, Anamika Maharaj, Lilly Mandal, Lois Marshall, Sue Moss, Adrian Price, Shrawan Rathore, Mike Roberts, Thelma Selby, Geoffrey and Ann Steinberg and Polly Stone – *and all who shop online using [smile.amazon](https://smile.amazon.com) and have nominated the Human Values Foundation as the recipient of donations from Amazon.*

Our aim has always been the development of children's characters and wellbeing alongside their personal and academic achievements so that they can thrive and achieve throughout their schools days and flourish thereafter. So we are encouraged to see our intentions reflected by experts and some Ofsted inspectors who have commented that "teaching is most effective and learning is most successful when the growth of the whole child – *social, emotional, moral, spiritual and intellectual*, is the pedagogical target".

As COVID-19 shifts the dial and a far greater awareness of what we all value most as human beings emerges, one of our most pressing intentions remains filling the Values Education gap in most teachers' training so that they become far more cognisant of the significance and benefits of values literate young people. With the rise in concerns about mental health and the need for children to be able to cope well with the hike in pressures they are experiencing, we also need to be able to provide training so that **The Big Think** can be successfully implemented as a whole-school, cohesive and supportive initiative, not only empowering children with essential life skills but also embracing teachers, non-teaching staff, school governors, parents and carers. So please continue to encourage your friends, family members, colleagues and others to visit our websites and support us financially in order that we can go on pursuing our goals for advancing the quality and effectiveness of teaching and learning. Now more than ever, children aged 4 to 11 must have an education that gives them ongoing opportunities to acquire essential attitudes, skills, knowledge and values.

AND FINALLY ...

THANK YOU ALL very much for your generosity, encouragement, voluntary work and practical assistance that allows us to continue to help teachers effectively embed a culture of social, emotional, moral and spiritual growth in our primary schools.

If you have any comments, suggestions or ideas about gaining sponsorship for our various ongoing projects or would like to have some e-materials about The Big Think programme to share with your friends, family members, potential subscribing Friends of our charity and others, please contact:

Rosemary Dewan, Human Values Foundation,
The Coach House, Salisbury Road, Horsham, West Sussex RH13 0AJ

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

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

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

The Human Values Foundation team wishes all our readers a safe and healthy summer.

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, FRHisS, FKC

