

Values

At Fulbrook, we already have outstanding results for academic subjects but feel that becoming a successful member of society is more than just gaining good exam results. We have adopted 12 main values that we feel encapsulate the spirit of our school and these are:

Term	Year 1	Year 2
Autumn 1	Respect	Responsibility
Autumn 2	Happiness	Caring
Spring 1	Honesty	Trust
Spring 2	Empathy	Acceptance
Summer 1	Perseverance	Courage
Summer 2	Co-operation	Patience

We encourage the children to keep these values at the forefront of their mind and therefore make decisions and choices based on these standards of behaviour.

Each half term we shall have a poster competition for the new value and the winning entry shall be placed around the community. We shall also have two children and an adult that will be our Values Stars for each half term. These will be people who have especially shown this value over the previous weeks and deserve recognition for their actions.

Having active members of society is important for all communities and with this new initiative we hope that Fulbrook can have an even more positive effect on its surrounding area.

Our value for this half term is empathy. We are holding assemblies on this value, including it in lessons and encouraging the children and adults to show this through their day to day actions. We feel that this is an important value, especially when children are working hard towards their SATS in Year 6 and 8. We all need to understand how hard and worrying this can be, not just for the

children but their parents and teachers as well. Empathy is more than just being sympathetic it is understanding people's feelings and their behaviours and accepting why people are different. At Fulbrook we welcome the eclectic school community we have and understand people form views dependent on their experiences and hope that this half term will encourage us to understand and accept these differences.

We have defined empathy as:

- Identifying the feelings of others.
- Understanding other people's situation, feelings, and motives.
- Recognising why people behave differently.

Below are some quotes that we have displayed around the school emphasising and explaining the type of behaviour and views we hope the children will gain throughout the half term.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

"Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and wrong. Sometime in your life, you will have been all of these."

Gautama Buddha

"Whenever you feel like criticizing any one...just remember that all the people in this world haven't had the advantages that you've had."

F. Scott Fitzgerald

"...treat people with understanding when you can and fake it when you can't, until you do understand."

Kim Harrison

"Some people think only intellect counts: knowing how to solve problems, knowing how to get by, knowing how to identify an advantage and seize it. But the functions of intellect are insufficient without courage, love, friendship,

compassion, and empathy."

Dean Koontz

"No one cares how much you know, until they know how much you care"

Theodore Roosevelt

"I call him religious who understands the suffering of others."

Mahatma Gandhi

"It's not so much the journey that's important; as is the way that we treat those we encounter and those around us, along the way"

Jeremy Aldana

"The great gift of human beings is that we have the power of empathy, we can all sense a mysterious connection to each other."

Meryl Streep

"Feeling too much is a hell of a lot better than feeling nothing."

Nora Roberts

"I believe empathy is the most essential quality of civilization."

Roger Ebert

"There is no small act of kindness.

Every compassionate act makes large the world."

Mary Anne Radmacher

"Whenever you are about to find fault with someone, ask yourself the following question: What fault of mine most nearly resembles the one I am about to criticize?"

Marcus Aurelius

"...It also taught me that while cruelty can be fun for a few moments, compassion has a much longer shelf life."

Doreen Orion

"The opposite of anger is not calmness, it's empathy."

Mehmet Oz

"Empathy is born out of the old biblical injunction 'Love the neighbor as thyself.'"

George McGovern

"True contentment comes with empathy."

Tim Finn

"Empathy is about standing in someone else's shoes, feeling with his or her heart, seeing with his or her eyes. Not only is empathy hard to outsource and automate, but it makes the world a better place."

Daniel H. Pink

"Human morality is unthinkable without empathy."

Frans de Waal