

## The value for the month of September is 'Courage'.

*'Courage does not mean you don't get afraid. It means you don't let fear stop you'.*

### At School

We will think about people from history, people from the present day and people all around us who show courage. We may be inspired to be braver ourselves!

### Ideas for home

- Share stories about times when you have been afraid. What did you do?
- Talk about strategies to help when you are feeling scared.
- Encourage your children to be honest about their fears and try to overcome them bravely together.
- Courage can change lives! Can you find out about any people of courage who have changed the world?

Also, read our values newsletter for more ideas.

We will be working hard to demonstrate and celebrate this value through all we do this month.

