



Values Newsletter

Dear Parents/Carers,

Our focus value for the month of **October** is **COOPERATION**.

Let's face it, we can't get through life on our own. We need people who we can trust to help us complete the tasks bigger than ourselves. We need people around us who excel in the areas we struggle and the job is often easier if we simply have people encouraging us to continue. Our children can learn about who they can trust and how to depend on others and they can do this as they cooperate with you in your home.

As we help children participate through cooperation at home, they will begin to discover that building something with other people can be more fun and exciting than what they can build alone.

Here are some top tips that you could try at home:

1. **Model cooperation.** Share responsibilities from an early age. Demonstrate how to work together with others to reach a common purpose – even if that purpose is setting the table for dinner. Sharing age-appropriate responsibilities enables children to learn how we work together to reach a goal.
2. **Play games to encourage teamwork.** This does not necessarily mean you should put your young child on a sports team. Still, expecting team work in the home can instil cooperation. Activities like playing games together in teams, cleaning up together to beat a timer, or simply building puzzles together enables children to learn how to work together.
3. **Take time to teach them how to problem solve.** Part of cooperation is learning how to overcome challenges together. Help children learn how to identify a problem, think about different ways to solve that problem, and then encourage them to try out solutions. This process will take patience and practice, but the benefits of social problem solving extend into adulthood.
4. **Allow for choices.** Providing choices about how or when to complete a task enables children to choose to be cooperative. Recognising that cooperation is working together to reach a common goal, sometimes we as parents must allow some choice in the matter while still working with our children to meet the end goal.
5. **Use specific praise.** When you observe children cooperating, praise them for working together. Try to be as specific as possible as you explain how your child demonstrated cooperation, "You and your sister were cooperating nicely when you worked together to complete the puzzle."

Learning how to cooperate is necessary to every child's social and emotional development and being able to work together with others to reach a goal or overcome a challenge will set your child up for future success.

With very best wishes

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