



## COURAGE (Home Learning Task)

Dear Parent/Guardian,

This half term, we are exploring the value 'courage' during our Collective Worships. On Monday, we explored this value in the context of overcoming everyday things that make us feel scared/worried/anxious/uncertain. During our Collective Worship, I shared personal challenges that my own 6-year-old daughter has overcome, showing great courage and bravery:

- Starting school for the first time
- Learning to swim without aides
- Learning to ride a bike without stabilisers
- Climbing the 'spider frame' at Markeaton Park

One challenge that really interested the children was my daughter trying new foods for the first time!



In order to support the children's understanding of courage and bravery in the context of overcoming every day challenges, I am encouraging children to try a food item that they do not normally eat. This might be a food item that they tried when they were younger and did not like or it might be a food item that that have never eaten before.

**Children are invited to complete the activity sheet overleaf, detailing the food item that they showed great courage/bravery eating! Parents are invited to print our photographs, if possible. If not, then asking your child to draw what they ate would be great.**

I look forward to discussing with your child the new foods that they have tried (and the courage/bravery that they have shown ☺).

Yours faithfully,  
*K Leach*  
Head of School

*Learning Outstanding Values Every Day*

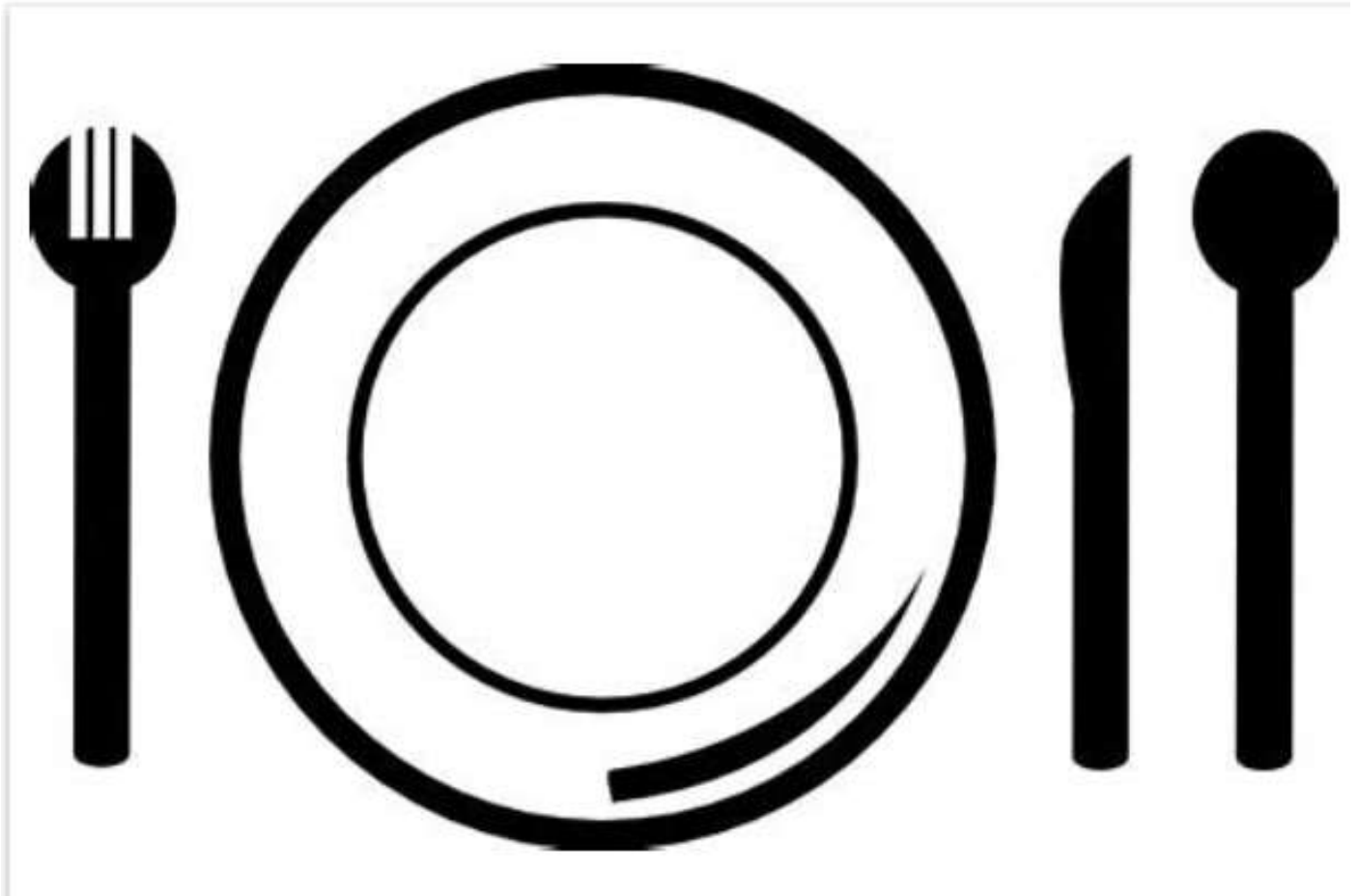
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Executive Headteacher: Mr J Gallimore  
Head of School: Ms. K Leach



Name.....

## Food Challenge (An Act of Courage!)

I have shown courage by eating.....



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