

This term we will be focussing in school on the value JOY.
We hope your family will find these ideas helpful as you explore the value and have fun together.

TALK TOGETHER ABOUT JOY...

Joy and happiness are wonderful feelings to experience, but they are very different. Joy is often understood to be an approach to life. Coming from inside, it is about being at peace in your spirit and thankful for all that is good in the world. For Christians, the knowledge that they are loved unconditionally by God helps them to know joy in their lives. Happiness on the other hand can be more of a passing feeling, based on things outside of you such as relationships with other people, possessions, places, thoughts and events.

Living in an attitude of gratitude can help us to know joy. What are you grateful for in your life?

Can you think of anything that stops you being joy-full?

THINK TOGETHER Words of Wisdom

Sometimes your **joy** is the source of your smile, but sometimes your smile can be the source of your **joy**.

Thich Nhat Hanh - Vietnamese Buddhist monk

Think about these words.
What do you think they mean?



QUIZ Emojis tell the story

Read the story once again. Notice the ■ signs. Each time you see one, use the words from the list below to describe Mary's emotions as the story unfolds.

Design your own emojis to illustrate the words

Mary was:

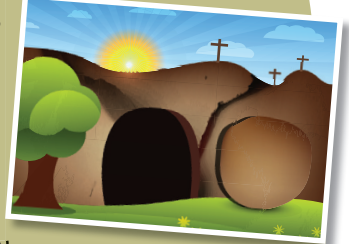
Confused	Weary
Courageous	Grieving
Overjoyed	Shocked



READ TOGETHER...

The First Easter Morning

At the end of a long, sleepless Sabbath night Mary set off with her spices for the garden tomb where the body of Jesus had been put. ■ As she reached the place, the first rays of the sun were catching the



branches of the trees, birds were singing, everything was as it always was.... but what had happened to the stone that had covered the entrance to the tomb? ■ Mary was rooted to the spot. Who could possibly have rolled away the huge boulder? She peered inside. Jesus was gone! ■ Panic stricken she raced back to tell the disciples the news. Together they returned quickly to the garden and entered the cave.

Peter crouched down. He touched the strips of linen that had been wrapped round Jesus' body and now just lay there, neatly folded. Wild thoughts were now racing around the disciples' headsJesus had once told them he would rise from the dead. Could it really be true? Could Jesus really be alive?

Mary, meanwhile, was still in the garden, and all she could do was weep. ■ Gathering all her courage she slowly stepped down into the tomb. ■ To her amazement two angels, dazzling white, sat before her! She had no idea what was going on. Then one of them spoke, "Why are you crying?"

Mary replied, "Because they have taken away my Lord, and I don't know where they have put him." In a daze, Mary stumbled back into the garden and sat down on the nearest patch of grass, tears streaming down her face. She did not see the person who came and stood just beside her. He spoke very gently, "Why are you crying?"

Assuming he was the gardener Mary said, "Sir, if you have taken the body that was in this tomb, *please* tell me where you have put it now."

"Mary," came the reply. Mary looked up, **joy** flooding through her whole body. It wasn't the gardener who stood before her, it was Jesus. He was alive! ■



HOME-SCHOOL CHALLENGE

Joyful Memories

Ask an adult in your family to show you some photos on their phone of a happy occasion or event that you both remember.

Which are the most **joyful** smiles?

Either print out thumbnails of the smiles or recreate the smile as a painting or collage. Write a sentence about the memory.



FAMILY FOCUS

"Let your **joy** be in your journey, not in the hope of your destination." *Anon*

When did doing something, or going somewhere together as a family, bring you **joy**?

Draw a picture or make a collage showing the event.

Family Time



FASCINATING FACTS AND HALL OF FAME

On this HOME SCHOOL VALUE sheet the FASCINATING FACTS section and HALL OF FAME section are linked because they are about the famous piece of music called Ode to Joy and it's composer Ludwig van Beethoven.



FASCINATING FACTS

Ode to Joy

Ode to joy by Beethoven is one of the most famous pieces of all music of all time!

It is part of Beethoven's Ninth Symphony. Beethoven wanted to set the ideas in a poem by Friedrich Schiller to music. The poem is about the joy and bonds of human friendship.

In 1985 Beethoven's piece was adopted by the Council of Europe (later to become the European Union) as its theme music because it was felt that it symbolised the values of peace, freedom and solidarity, which were shared by all the countries.



When the 9th symphony was first performed in Vienna on 7th May 1824, the audience loved it so much that, at the end they all stood to cheer and clap. Realising that Beethoven was completely deaf and couldn't hear them, they threw their hats and scarves into the air again and again to make sure he knew how much they had enjoyed the concert.

Why not enter 'Ode to Joy' into a computer search engine and listen?



HALL OF FAME

About the composer

Ludwig van Beethoven is one of the greatest composers of classical music who has ever lived.

He was born in 1770 and died when he was only 57.

Beethoven had to leave school at 11 years old because his father was an alcoholic and unable to work. Ludwig needed to earn money to support the family.

Beethoven wasn't only a composer, but also an accomplished pianist and viola player. He performed in public for the first time at 7 years old.

At twelve years old, Beethoven was already composing beautiful music.

At the age of 25 Beethoven began to go deaf. He wrote some of his best work after he had lost his sense of hearing completely.

Before settling down to work Beethoven used to dip his head in cold water. No one quite knew why he did this!

Beethoven wrote one of his best loved pieces of music entirely at night. He called it 'The Moonlight Sonata.'

TRUTHFULNESS

HOME SCHOOL VALUES

This term we will be focussing in school on the value TRUTHFULNESS. We hope your family will find these ideas helpful as you explore the value and have fun together.

TALK ABOUT TRUTHFULNESS TOGETHER...

'I promise to tell the **truth**, the whole **truth** and nothing but the **truth**, so help me God'

In a court of law a witness swears an oath on the Bible or another sacred text, but sometimes in everyday life people find it more difficult to be **truthful**.

Talk together about occasions when complete honesty could cause trouble or be hurtful. For example:

- When a member of your family asks you if you like their new shoes
- When telling the **truth** will get your friend into trouble
- When someone asks what you are thinking but the answer would hurt their feelings

THINK TOGETHER ABOUT WORDS OF WISDOM

"To be **truthful** with others, you must first be **truthful** with yourself"

Anon



READ TOGETHER... A Day That Changed Everything

It began just as any other day.

Peter the fisherman was mending his nets as he always did.

But then Peter met Jesus. On that ordinary day his life was changed for ever.

Peter was to actually *see* Jesus heal people who were ill, make blind people see again, and turn 5 loaves and 2 fish into a feast for 5000!

Peter became Jesus' follower and friend. "I will do anything for you" he said to Jesus. "Just say the word!"

"One day you will tell people you never knew me" said Jesus, "and then a cock will crow."

"No" shouted Peter "Never, Never, Never!"

Sure enough, life for Jesus did become difficult - difficult and dangerous.

The day came when Jesus was on trial for his very life. He needed his friend to stand by him. But Peter said "I don't know him, I never knew him, I never saw him before."

And at the end of the day a cock crowed.....just as Jesus had said it would.

Jesus was sentenced to death and crucified, even though he had done nothing wrong.

But death could not defeat God's Son! Three days later Jesus was alive again and went to find his friend, not to blame him but to forgive him.

It was a new day and Peter had another chance.

Everything was different!



Bible story based on Luke 5: 1-11; Luke 22:54-62; John 21:15-19



QUIZ Words in the Fishing Net

Pair letters from the net together to make words from the story.
You could colour matching halves...

For answers, see reverse.



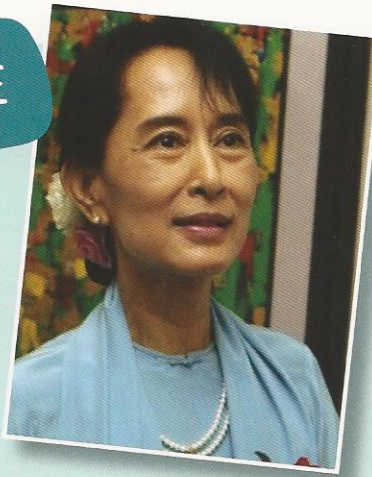


HALL OF FAME

Aung San Suu Kyi

For many years the nation of Burma was ruled by their ruthless army which refused to allow the ordinary citizens to have free elections to choose their leaders. If Burmese people spoke openly about politics they were thrown into prison or even killed. But a tiny brave woman called Aung San Suu Kyi refused to be silent about the **truth** of what was happening in her country. She campaigned openly but peacefully in the streets and around the world for Burma to have free elections. For this the army put her under house arrest, keeping her prisoner in her own home for 20 years! Whilst under arrest she was awarded the Nobel Peace Prize for being 'an outstanding example of the power of the powerless'

In 2010 Aung San Suu Kyi was finally freed by the army just after free elections were held in Burma for the first time. On her release thousands of people gathered to welcome and thank her for standing for **truth** and democracy and helping to bring about change in Burma.



HOME-SCHOOL CHALLENGE

Truth be Told

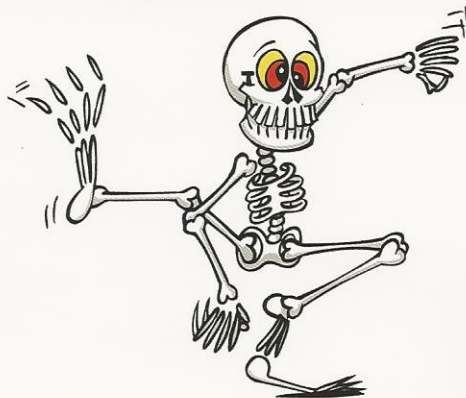
If you could ask a famous person (from history or alive today) to answer a question about themselves what would it be?

For example,

David Beckham - How old were you when you knew for sure that you wanted to be a footballer?

Aung San Suu Kyi - Was there ever a time when you felt like giving up your campaign in Burma?

Make a colourful question mark and write your question on it to take into school to display in the Gallery.



FAMILY FOCUS

The human body is probably the most complex machine on earth. But do you know

what your body is made of, how it moves and how all the parts work together?

See if you can answer these questions correctly.

- Your brain is made up of - 20%, 50% or 80% water?
- Taking a step forward uses - 30, 100 or 200 muscles?
- A single blood cell takes $\frac{1}{2}$, 1 or 4 minutes to make a complete circuit of the body?
- An adult has 158, 206 or 278 bones in their body?
- A finger nail takes 3, 4 or 6 months to grow from base to tip?



FASCINATING FACTS... ...ABOUT US

Humans and giraffes have the same number of bones in their necks.

You can't tickle yourself.

You can't keep your eyes open when you sneeze.

Overnight while you sleep you grow nearly 1 cm, but you shrink again next day.

The length from your wrist to your elbow is the same as the length of your foot.

In 30 minutes an average person gives off enough heat to bring over 2 litres of water to the boil.



COURAGE

HOME SCHOOL VALUES

This term we will be focussing in school on the value COURAGE. We hope your family will find these ideas helpful as you explore the value and have fun together.

TALK TOGETHER about Courage

Being **courageous** can mean different things to different people. For example, one person may think it easy to speak in front of a large audience, whilst another would need to find lots of **courage** to do this. Everyone faces challenges from time to time, and we have to find **courage** to overcome them.

Talk together about:

- The different challenges that each family member faces
- Who or what helps us find **courage**?
- Is there someone that we admire because of the **courage** that they have shown?

THINK TOGETHER Words of Wisdom

"**Courage** is not the absence of fear, but the willingness to overcome that fear."

Nelson Mandela



READ TOGETHER...

The Courage of David the Shepherd Boy

One day as David the shepherd boy was carrying lunch to his older brothers in the Israelite army he heard an angry booming voice thunder across the fields. "I am Goliath, and I dare you to pick someone to fight me."

The voice was coming from the Philistine ranks and went on taunting the Israelites and their God. As David grew closer he could see the giant Goliath strutting up and down. He could also see the terrified faces of King Saul and his soldiers. This made David very angry and more than a little ashamed. He decided he must go and see the king.

"I will fight that bully Goliath!" David announced.

It was all that King Saul could do not to laugh out loud. "You are just a boy David, a small boy. Goliath has been a mighty soldier all his life."

"But when the wild animals attack my father's sheep," protested David, "I fight them off with my sling and staff. I have killed many lions and bears and I will do the same to this wicked Philistine. Do not fear for God is on our side."

King Saul was taken aback. "Well, I suppose you should be given a chance. At least let me lend you some armour and a sword." But the armour was heavy and David was not used to it. He returned the armour to Saul and instead picked up five smooth stones from the stream and marched out **courageously** to face Goliath.

The giant laughed scornfully at the small boy and shouted curses at him. David did not flinch. "This very day you will be defeated and everyone here will see that the Lord does not need swords or spears to save his people."

As Goliath lowered his shield and aimed his spear at the boy, quick as a flash, David loaded a stone into his sling, spun it around above his head and sent it spinning through the air towards Goliath. The stone struck the giant on his forehead and he crumpled to the ground. Goliath was dead. There was a moment of stunned silence before the whoops and cheers from the Israelite army echoed around the hillsides.

This was a day no-one would forget, when the **courage** of a shepherd boy saved a nation.

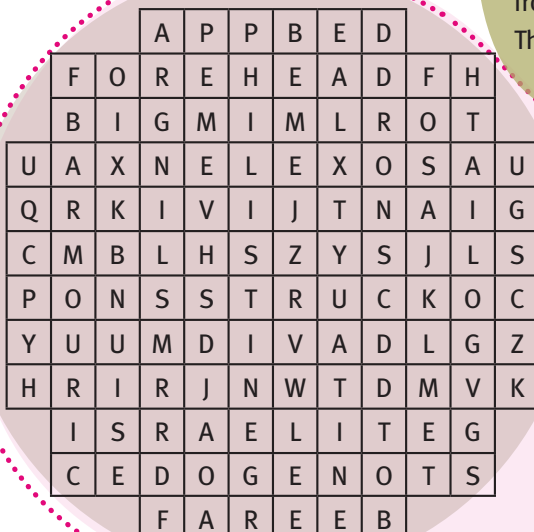


Bible story based on 1 Samuel 17

QUIZ Wordsearch

Find the words from the story in the grid on Goliath's shield.

- | | | |
|------------|----------|-----------|
| ARMOUR | BOY | DAVID |
| COURAGE | FOREHEAD | GIANT |
| GOLIATH | GOD | ISRAELITE |
| PHILISTINE | SHIELD | SLING |
| SOLDIER | STONE | STRUCK |





FAMILY FOCUS & HOME-SCHOOL CHALLENGE



Children of Courage

Each year awards are presented to children throughout the country who have shown outstanding bravery and **courage** in overcoming huge challenges in their lives. (Google 'UK children of **courage** awards' to see some examples.)

Design a nomination for a child that you know and believe should be recognised for their **courage**. Remember, there are different kinds of **courage** and different ways of showing bravery.

The nominations will be displayed in the Challenge Gallery at school.



Example Nomination sheet



Name of child who has shown **courage**

.....

Has shown **courage** by

.....

This bravery should be recognised because

.....

.....



HALL OF FAME

Bravery v. Slavery

Harriet Tubman was born nearly 200 years ago in Maryland, USA. Her family were slaves which means that they had to work for the people who 'owned' them. Slaves had no pay and no rights and they could be bought or sold like property. As Harriet grew older she was afraid that she would be sold and sent far away from her family to work for strangers. She decided to try to escape. This needed great **courage** because Harriet knew that if she was caught she would be cruelly punished. After many adventures and with the help of kind people along the way, Harriet managed to escape to Canada, where slavery was banned.

It would have been safest for Harriet to stay in Canada and make for herself a comfortable and easier life, but she was determined not to forget her family and friends who still suffered as slaves in America. She made her way back and forth to Maryland not once, but *nineteen times*, facing great danger and showing amazing bravery as she helped slaves to escape to freedom. By the end of her life Harriet had helped to free around 300 slaves!

After her death Harriet received many honours for her bravery. A ship was named after her, and in 1995 the US government issued a postage stamp to celebrate her **courageous** life.



FASCINATING FACTS

In case of emergency – Dial 999

"Help...my house is on fire!"

"Help....there's been an accident!"

"Help.... burglars are breaking into the house over the road!"

- The emergency number, 999, was introduced in London in 1937.
- In an emergency, phoning 999 will connect you quickly to an 'emergency control centre'. An operator will ask which service you need, fire, ambulance or police. The operator will be able to track your call to discover where you are and soon help will be on its way.
- Firefighters, police and ambulance crew all risk their own lives on occasions to help other people who are in danger.
- Additional emergency services operate in some places such as mountain and cave rescue, coast guards, air sea rescue.
- Over 30 million 999 calls are made each year.
- About half of all calls are hoaxes. Not only do hoax callers break the law, they put people's lives in danger as it takes longer for real emergencies to be dealt with.