

# BRITISH VALUES

As part of our ongoing commitment to the British Values Curriculum and our unique *Rainbow Curriculum* here at St Anselm's, we invite you to read this story with your children. Your involvement is crucial in reinforcing these values and qualities at home, so please take a moment to explore the themes and talk about them together. Let's work hand in hand to inspire thoughtful conversations and help our children be good friends, deep thinkers and morally responsible citizens with an active voice, who are informed to make positive contributions to society.



Is it important to have a morning routine?

## In the news this week

750 schools in England have been chosen to trial free daily breakfast clubs, to see whether they could work for all schools. Starting in April, the schools will provide breakfast and activities for children. Schools are encouraged to offer healthy, varied and nutritious breakfasts, such as wheat cereals, porridge, fresh fruit and yoghurt, as well as activities, including educational puzzles, reading and crafts.

### Things to talk about at home ...

- > Have you attended a breakfast club? Would you like to?
- > What do you like to have for breakfast? What about others at home?
- > Share your morning routine with someone and ask about theirs. Do you feel it's important to have a routine? Why?

## Which British Value?

### RULE OF LAW



We respect the rules and laws of our society.

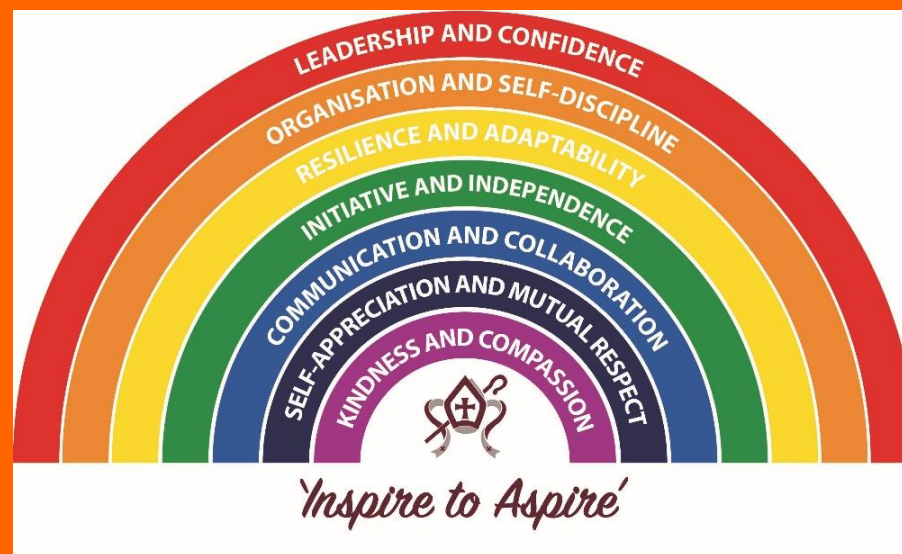
Laws help us to be safe, and happy.



### What can we learn from this?

Rules help support fairness and wellbeing. Schools That take part in the breakfast scheme initiative, must follow the government's guidelines, to ensure children receive a healthy start to the day.

## Rainbow Curriculum Link



### ORGANISATION & SELF-DISCIPLINE

### What can we learn from this?

A consistent morning routine helps children develop **organisation and self-discipline**, skills that benefit them in school and beyond. Simple habits like **waking up on time, getting dressed, and packing their school bag** teach responsibility and time management. A structured start to the day also reduces stress, boosts focus and sets a positive tone for learning. Encouraging a morning routine at home helps pupils feel more prepared, confident, and ready to succeed!

Democracy	Rule of Law	Individual Liberty	Mutual Respect	Tolerance