

Shine a light on...

Courage



Autumn 2 Half term



What the
bible says
about
courage

Courage is not the absence of
fear, but rather the judgment
that something else is more
important than fear.

— Ambrose Redmoon



It takes courage to grow up and become who you really are. (E.E. Cummings)

Courage is a powerful quality that helps us grow, stand strong in difficult moments, and support one another. Courage isn't just about doing something daring like climbing a mountain or giving a speech. It often shows itself in quiet, everyday ways—when a child tries something new, stands up for what is right, or keeps going even when something feels difficult.

For our pupils, courage might look like:

- Tackling a subject they find challenging.
- Speaking up if something feels unfair or unkind.
- Admitting when they've made a mistake.
- Walking into school on a hard day with determination.

We see acts of courage every day at school. From a child offering to read aloud in class, to a pupil helping a friend who feels left out, courage helps us all take steps forward, even when we feel unsure. We also encourage children to notice courage in others—cheering each other on, showing kindness, and understanding that being brave doesn't mean we're never afraid. In fact, true courage often means choosing to act even when we do feel nervous.

As we approach Remembrance Day, we take time as a school to honour the courage shown by people during times of war and conflict—soldiers, medics, rescue workers, and many others who chose to stand up for peace and help those in need.

We remember their bravery not just in battle, but in choosing hope, compassion, and unity in times of great fear and uncertainty. Their stories help us understand that courage can change the world for the better.

Courage is also deeply connected to our spiritual lives. It grows when we believe in something bigger than ourselves, whether that's a faith in God, a sense of purpose, the beauty of the world, or the love we share with others. We help children explore courage in quiet moments too, through reflection, prayer, and time spent thinking deeply about who they are and how they can care for others. These moments help remind us that we're never alone and that strength can come from stillness as well as action. As we continue through this term, let us all look for ways to show courage. To try something new, to stand up kindly, to listen deeply, and to move forward with hope.



Homework activities

Choose one out of the 2 homework activities given below. It is to be handed in Friday 5th December.

Your task is to do one thing this week that takes courage. It doesn't have to be something huge — just something that feels a little bit brave for you. Here are some ideas:

- Try something new (a food, a game, a hobby)
- Speak up if something feels wrong
- Put your hand up more in class
- Help someone, even if you're nervous to
- Be kind to someone who's left

Think about these questions:
What did you choose to do? How did it make you feel before you did it?
What helped you to be brave? How did you feel afterwards?

After you complete your challenge, write a few sentences about what you did and how it felt. Will you try to push yourself to be more courageous on another occasion?

Courage in War

Write a reflection on why we remember people who showed courage during times of war.

You could include:

- What Remembrance Day means to you
- Why soldiers, nurses, and others were brave
- How their courage affects our lives today
- A message you would say to thank them

OR

Write a letter to someone you think is courageous. This could be:

- A historical figure (e.g. Florence Nightingale, Nelson Mandela, Rosa Parks)
- Someone from a book or film
- Someone in your life (a family member, a teacher, etc.)

Include: Why you think they are brave
How their courage inspires you
What you would ask them if you could meet them.