



12 Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.



13 Children have the right to share freely with others what they learn, think and feel, by talking, drawing, writing or in any other way unless it harms other people.

## One Voice

### 10.2.26

#### Welcome and gathering

Welcome all the children to One Voice.

Introduce theme:

*“Today we are thinking about Bravery”*

Bravery means doing something even when you feel scared, because you know it’s the right thing to do.

It doesn’t mean you’re never afraid — it means you try your best *even when you are*.

**ARTICLE 29** (goals of education)  
Education must develop every child’s personality, talents and abilities to the full. It must encourage the child’s respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

#### Thought/story/scripture

Share the Bible quote

Joshua 1:9 (KJV)

*“Be strong and of a good courage; be not afraid... for the Lord thy God is with thee.”*

Child-friendly meaning:

God is always with you, so you can be brave even when things feel scary.

### Bible Story: David Shows Bravery

David was a young shepherd boy who looked after his family’s sheep. One day, he visited his brothers who were in the army. Everyone was frightened because a giant named Goliath was shouting and challenging them to fight. The soldiers were scared — Goliath was huge and strong!

But David trusted God. He said, “God has helped me before, and He will help me now.”

David picked up five smooth stones and went to face Goliath with only his sling. Goliath laughed at him, but David stood bravely.

David swung his sling and the stone flew through the air. It struck Goliath on the forehead, and the giant fell down. David won the battle — not because he was the biggest or strongest, but because he trusted God and was brave.

### Questions for Children

1. Why was everyone scared of Goliath?
2. What made David brave even though he was small?
3. What did David use to fight Goliath?
4. How can we show bravery in our own lives, like David did?
5. Who helped David be brave?

#### Reflection questions

**“Can you think of a time when you felt scared but chose to do the right thing anyway? What helped you be brave?”**

**Allow them some time to add a response to the question, keep these for the reflection area and revisit them during reflection time on Friday.**

Short prayer

*Dear God, Please help me be brave when I feel scared. Stay close to me and make my heart strong. Thank you for always being with me. Amen.*

News

### ECO TEAM

Miss Draycott is looking for creative and passionate people who would like to become a member of our new green team. These people will help to raise the profile of how St. Paul's is a fantastic example of an eco-friendly school. An eco-friendly school is an educational institution that actively minimizes its environmental impact by reducing carbon emissions, waste, and energy consumption while integrating sustainability into its curriculum and daily culture. These schools promote, biodiversity, use sustainable materials, and encourage student-led actions for a greener future. If you would like to be a member and have a very important role in our school, please can you make a poster or write a letter explaining why you would be great for this role and what you would like to see happen at St. Paul's. Please give these to Miss Draycott during the first week back after half term, closing date for this will be Friday 27th February.

### Rights Respecting

Do children know what article 28 or 29 is?

**Article 28- We have the right to a good quality education.**

**Article 29- Your education should help you develop your abilities and talents.**

Ask children: 'Why do you think that education matters for everyone?' or 'Why do you think it's important for all children to be able to enjoy their right to go to school?' Allow children to explore their own ideas of why they think learning is important.

Some answers might be: due to conflict, because they're living in poverty and/or they have to work, because they're a girl in a place where girls' rights aren't always respected, because they're disabled, because there's no school nearby, because their school was destroyed, because of a pandemic, etc.)

**Here are two real life scenarios:**

Ari is 6 and lives in Jamaica. He has a condition that makes it hard for him to hear sounds clearly. Even so, Ari loves to learn and have fun. He taught himself Jamaican sign language by watching videos online and uses an app called Bookfusion to read. With help from international aid, UNICEF has created digital books to help children with disabilities learn in fun ways.

Justine is 13 and lives in the Democratic Republic of the Congo. There has been a lot of fighting in her country, and it hasn't always been safe where she lives. Because of this, Justine and her family have had to move many times to find safety. They have stayed in churches, camps, and tents with other families. Recently, UNICEF gave Justine a new school bag, pens, and notebooks so she can keep going to school and continue learning.

- What were the obstacles getting in the way of the right to education?
- How did international aid help support the children's right to education?
- How do you think that this story would be different if international aid didn't exist?

### **Mental Health awareness week**

What Is Mental Health Awareness Week?

"Mental Health Awareness Week is a special time each year when we learn how to take care of our minds, just like we take care of our bodies."

- Everyone has mental health — it's about our feelings, thoughts, and how we handle things that happen in our lives.
- Mental Health Awareness Week helps us talk about feelings, how to look after ourselves, and how to support each other.
- There is also a special week just for children called Children's Mental Health Week, happening 9–15 February 2026, with the theme "This Is My Place", which is all about feeling like you belong at school, at home, and with your friends.

Why it matters:

- Talking about our feelings helps us feel safe and supported.
- Learning how to be kind to ourselves and others makes school a happier place.

It reminds us that everyone needs help sometimes, and that's okay

### **Dates**

10.3.26

### **SAFER INTERNET DAY**

**What Is Safer Internet Day?**

**Safer Internet Day** is a special day that helps children all around the world learn how to use the internet safely and kindly. It happens every year in February and reminds us that the internet can be amazing for learning, playing games, watching videos, and talking to friends — but we also need to make smart choices online.

In 2026, **Safer Internet Day** is on **10 February**, and the theme is:

**"Smart tech, safe choices – exploring the safe and responsible use of AI."**

This means helping children understand new technology like AI and making safe, thoughtful decisions when using apps, games, and websites.

Safer Internet Day encourages everyone — children, teachers, and families — to learn how to:

- Be safe online
- Protect personal information
- Be kind and respectful
- Think before clicking or sharing

### **Wednesday 11th February - International Day of Women and Girls in Science**

What female Scientists can you name? *Marie Curie (radioactivity), Mary Anning (fossil hunter), Jane Goodall (Chimpanzee Scientist), Mae C. Jemison (Astronaut)*

### **Chinese New Year Day 13.2.26**

On Friday we will be off timetable and we will be spending the day celebrating Chinese New Year

**Chinese New Year**, also called **Lunar New Year** or the **Spring Festival**, is a special celebration that marks the start of a new year on the **lunar calendar** — a calendar that follows the phases of the moon. It usually begins **between late January and mid-February**.

It is one of the **biggest and most important celebrations** for people in China and Chinese communities all around the world. Families celebrate for up to **15 days**, ending with the **Lantern Festival**, when people hang or carry beautiful glowing lanterns.

### **Why Do People Celebrate It?**

Chinese New Year is a time to:

- **Welcome the new year** and hope for good luck.
- **Spend time with family** and enjoy special meals.
- **Remember and honour ancestors**.

There is also a fun legend about a scary creature called **Nian**, who was frightened away by **loud noises, bright lights**, and the colour **red** — which is why fireworks, red lanterns, and red clothes are used during the holiday.

### **The 12 Animals of the Zodiac**

Each Chinese New Year begins the year of a new **animal**. There are **12 animals** in the cycle, like the dragon, rabbit, snake, and tiger. After 12 years, the cycle repeats.

### **How Do People Celebrate?**

Children especially enjoy:

- **Dragon and lion dances**
- **Fireworks and firecrackers**
- **Red envelopes** with money for good luck
- **Wearing new clothes** (often red!)
- **Big family dinners**, including dumplings and other special foods

### **Affirmation of the day**

**“I am brave. Even when things feel a little scary, I can take a deep breath and try my best.”**