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**'Educating For Life In All Its Fullness'**



Dear parents,

Next week in school we are participating in the NSPCC Kindness Challenge. The Kindness Challenge is a movement that encourages people to spread kindness in their daily lives. It is a way to promote mental health and well-being by expressing kindness to oneself and others. The challenge can take many forms, such as completing a given set of kind acts within a certain time frame, not saying anything negative about a person for a week, or simply expressing kindness to oneself and those around them.

The Kindness Challenge is a great way to promote positivity and well-being in our school and community. It reminds us all that small acts of kindness can go a long way in making a difference in someone's life.

In school next week, the children will be talking with their teachers about acts of kindness and completing some activities to help promote kindness in the classroom, playground and around school in general to help make the world a kinder place.

The Kindness Challenge is promoted by the NSPCC, so we will also be using this opportunity to remind children about the NSPCC safeguarding message, Speak out, Stay safe.

Over the weekend and next week, we would appreciate it if you could talk to your child about being kind, which can help them to feel good about themselves, to learn new things and to be a great friend. You could encourage your child to carry out small acts of kindness and then recognise them for doing this.

We will be looking out for acts of kindness all next week and one child from each class will receive a small prize presented in Celebration Assembly on Friday in recognition of their kindness.

Thank you for your support with this,

Kind regards,

Mrs Burnley

