



Laura Pearce
Headteacher

Tuesday 2nd November 2021

Dear Parents,

RE: World Kindness Day and Anti-Bullying Week – One Kind Word

Kindness and empathy help us relate to other people and have more positive relationships with friends and family. Carrying out acts of kindness can actually make you feel happier and also improve your own wellbeing. Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood.

World Kindness day is celebrated annually on **13th November**. On this day, groups and individual people go out of their way to be kind to others, whether at home, school or work. However, kindness doesn't end there! It is important for everyone to be kind all year round, in school, at home and everywhere you go.

As I am sure you are aware, no act of kindness no matter how small, is ever wasted. You can show kindness by simply complimenting someone, praising someone for something good that they have done or smiling and saying thank you.

We are encouraging all families to participate by creating a *Family kindness jar* as follows:



1. Think of different acts of kindness that can be carried out.
2. Write them on pieces of paper and place in the jar.
3. Decide if you want to complete one each day or one a week.
4. Pick an act of kindness out of the jar and try to see how many times everyone can complete it in a week.
5. Pick a specific day to do the chosen act in a week.
6. Take a picture or video and tag us on Instagram or Twitter, we would love to see!

Pupils will continue to spread kindness during Anti-Bullying week which is **15th – 19th November**. This year's theme is: One Kind Word. Pupils will also participate in discussions and activities to explore a range of different topics such as:

- The definition of bullying.
- What actions can we take to stop bullying from happening at our school.
- How we can speak up if we see or experience bullying.
- Speaking up for ourselves in an assertive and polite way.

We hope you can join us in spreading kindness within the community.

Yours sincerely,

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Assistant Headteacher

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