



Thursday 12th November 2020

'Kindness Week' Monday 16th - Friday 20th November 2020

Dear Parents and Carers,

Anti-Bullying Week will happen across the country from Monday 16th - Friday 20th November. Last year 75% of schools in the country took part, reaching well over 7 million young people. During these difficult and unusual times, we will be marking this in a positive way with a special, whole school '**Kindness Week**'. The main theme for this year is being '**United Against Bullying**' and we will be taking part in a variety of activities, including whole class challenges and circle times thinking about how we can show kindness in order to stand together against all forms of bullying. We will be celebrating the ways which we can combat bullying by linking this to our School Values: Honesty, Positivity, Courage, Respect and above all; **Kindness**.



At Park Hill Infant School we define bullying as '*the repetitive, intentional hurting of one person or group by another person or group where the relationship involves an imbalance of power. It can happen face to face or online.*' (Anti-Bullying Alliance 2017). Our aim for next week is to help children identify and celebrate what makes themselves and others unique and to respect all beliefs and values. We will discuss why it is so important to show others kindness and that every child has the right to feel happy, included and safe in our school.

- On **Monday 16th November**, we will participate in '**Odd Socks Day**' in order to raise money for the **Anti-Bullying Alliance**. Please send your child into school wearing colourful or patterned odd socks on that day. Please make donations via your *ParentPay* account (do not send in any cash donations). The suggested donation amount is £1 per child, however, you are able to vary the amount you donate online.

No-one ever knows the struggles people are going through inside and we believe that a simple act of kindness can help a person feel empowered to stand up to bullying. We are encouraging everyone to get involved in choosing kindness and support one another's well-being. Our school staff have also been getting involved and have been thinking about one another by taking part in our own 'random act of kindness' for one another. We hope that many of you as parents and carers will take part and **#ChooseKindness!**

Choosing kindness doesn't cost anything but can help someone enormously. We all have choices to make:

- Choose kindness, as you never know what someone else is going through
- Saying something nice can bring a smile to someone's face
- Acts of kindness will never come back to hurt you and are never wasted on someone
- Acts of kindness are good for you- they release oxytocin which lowers our blood pressure
- Being kind can help others and ourselves to feel happy and confident

Your support is appreciated as always.

Yours sincerely,

Mr D. Lopes

Mrs C Clarkson

PSHE Leader

Curriculum Leader