



Headteacher Blog

12th November 2021 Kindness

Dear Parents and Carers,

Tomorrow is World Kindness Day.

World Kindness Day is a global day that **promotes the importance of being kind to each other**, to yourself, and to the world. The purpose of this day, celebrated on 13th November each year, is to help everyone understand that compassion for others is what binds us all together.

I have been spending time in classrooms this week and have seen so many examples of both staff and children being kind to each other, it would be impossible to count them all!

People who are kind and compassionate see clear benefits to their wellbeing and happiness. Kindness can also help reduce stress and improve our emotional wellbeing.

A kinder society would reduce the discrimination and inequality that has such an impact on people with disabilities.

Everyone can do their bit by making an individual commitment to show more kindness by their words and actions.

Kindness doesn't have to cost money, even a smile is an act of kindness, and can make all the difference to someone having a bad day.

In that spirit I would like to acknowledge the wonderful work of our Friends of Delamere association this week. Several members have no connection to the school apart from wanting to make a difference in their local community and show kindness where they can.

Thank goodness for people like this – the world would feel a lot colder and harder without them. The Friends of Delamere are currently working hard to prepare a Winter Wonder Walk on 4th December 2021.

Please show your support in any way you can for a wonderfully kind bunch of people!

Take care until next week,

Sally Judge



BE KIND