



POWELL
Founded in 1816
CORDEROY
PROUD TO BE POWELL

Kindness

Our School Value for February

Dear Parents and Carers,

This month we are focusing on the value of Kindness. Kindness is acting without expectation of reciprocity or recognition although there's nothing wrong with enjoying those things or the good feelings showing kindness generates within us. Kindness is a wonderful, beautiful complex, quality.

Why is empathy important?

Empathy — the ability to understand and care for others — is at the root of kindness. Children who tune-in to feelings and want to help others are happier, more successful, and more resilient. Empathy reduces conflicts, builds supportive communities, and motivates children to be kind actors, even when nobody's watching :)

Ways to show kindness:

- Make a birdhouse and leave bird seed out
- Take your pet for a long walk and give it treats
- Make a house for hedgehogs
- Donate old towels or blankets to an animal shelter
- Eat lunch with someone new
- Clean your bedroom or a part of the classroom
- Hold the door open for those behind you
- Give someone a compliment – it can make their day, week or year

<https://www.youtube.com/watch?v=rweIE8yyYOU>

In assemblies and in class we will be reflecting on:

- How can we use kindness to spread happiness?

Thought for the month



Stories to share at home:

The Lion and The Mouse	Aesops Fables
Charlotte's Web	E.B White
The Invisible Boy	Trudy Ludwig
Each Kindness	Jacqueline Woodson
The Golden Rule	Ilene Cooper
Non-Random Acts of Kindness	Lauren Myracle

If you would like any further information on our Values Education Programme please don't hesitate to contact me via the school office.

Yours sincerely,

Mrs H. Harber

Values Leader /Inclusion Leader



