

Kindness Accreditation Newton Prep School

Kindness has been a focus of ours this academic year and we have been trying hard to ensure we promote kindness throughout the whole year and not only at certain times. We held a kindness week in November where each year group did a kind deed. We created message boards with kind words and quotes for our teachers and friends, the teachers baked cakes and brought them in to share at break time and each teacher received a small chocolate on their desk to show how they are appreciated. A Newton Prep mum kindly generated a list of ideas that families could use to celebrate the week together at home. There was a flipchart at the school gate for anyone dropping off or picking up children, so they could contribute their own message of kindness for the community. We also had a visit from the Kindness Museum who talked to the Upper School children.

Nursery created colourful pictures to display in the Lower school. Their theme was 'happy'.

Reception focussed on being kind to the environment, and how this makes us feel. They took turns to be 'Litter Detectives'.

Year 1 made 'Ring Riggers' and 'Cat Wands' for Battersea Cats and Dogs home, made from old t-shirts and jumpers. This also helped them to think about recycling.

Year 2 were inspired by the Year 7 Sleep Out and decided to collect and donate items to the homeless charity 'Glass Door'.

Year 3 thought about the people who are important to them and have a positive impact on them. They wrote letters of gratitude for someone special to them at home.

Year 4 completed Kindness bingo, containing 16 kind tasks they could complete.

Year 5 thought about acts which can make someone's day better. They made a video which they then shared with the rest of the school, inspiring others to be kind.

Year 6 wrote letters to residents of a Nursing Home. They also draw a picture to include with the letter, which hopefully brightened the day of the elderly residents.

Year 7 visited a local Primary School to help listen to some of the younger students read.

Year 8 designed and carried out a secret kindness project, promoting selfless and anonymous acts of kindness.

We have been incorporating Well-being and Mental Health into our school and helping the children understand the importance of happiness and kindness. We invited some speakers from Action for Happiness, who put on workshops and really got the children involved.

We have a buddy system in place for children moving from Year 2 to Year 3, where some older children write to them, then look after them in the first few weeks of school. We have found that their bond and friendship goes beyond these few weeks, and they become friends for the duration of their time at Newton Prep, spending time with one another at lunch and break, and having someone to go to if they ever need support or advice. We also have a buddy system in place for new children coming into the school, where a child already attending the school writes a letter to them, telling them all about the school, about themselves and giving them reassurance before they arrive.

The following are past initiatives we have been involved in, which we will continue to support in the future:

- Taking part in a sleep out raising £12,000 for a homeless charity. We have two charity prefects who represent the pupils when choosing charities to support, as well as sharing information with the entire community about different events.



- Sending our favourite books to, and raising money for, Theke Primary school in Malawi for their library.



- Holding Macmillan coffee mornings in school.



- Each term one of our 'Houses' hosts a bake sale, with money raised going to different charities.



- Collecting donations for our local Food Bank



- Encouraging children and families to walk to school and setting up a 'walking bus'.



- Taking part in 'Love in a Box' sending shoeboxes filled with items to children in poorer countries.



- Linking with the local community to make an 'Advent window', which was open for the public to see over the festive season.



- Inviting the local Reverend and Minister of Arts to come in and speak to the children about kindness and the community. We are also looking to work with her on future projects.



- The Year 4 children collected litter in our local area.



These are all activities and initiatives we are keen to carry on but we strive to find new ways to introduce kindness to our everyday school life and that of the wider community. We regularly discuss kindness in our school, the community and the world during assemblies and during PSHE. We also have a Well-being room within the school which supports children and encourages them to be kind and gentle with one another, and we often do kindness activities which we then display. Our core values also indicate how the school values kindness: respect, tolerance and consideration.