

Kindness Accreditation Newton Prep School 2021

We were so proud of our achievement last year when we received the Kindness Award, in acknowledgment of everything we do here at Newton Prep. This year has been turbulent but this has not stopped us from showing kindness both in school and throughout the whole school community. This year, the main focus for us was Mental Health, teaching the children what it is, how important it is to acknowledge and care for mental health, and linking it to kindness, as the two are so closely related. We have worked hard to ensure we promote kindness throughout the whole year and not only at certain times, and this has certainly been needed during the world pandemic.

In November, when everyone was back at school, we held a Mental Health and Kindness week, where each year group demonstrated acts of kindness for their peers, caregivers, and the wider community.

Nursery created a kindness tree which is displayed for all to see. They have also been looking after the snails from their mud kitchen outdoors, and have been working and playing together in the playground, following discussions on inviting children to play with them and listening to others.



Reception made kindness hearts and also did work looking at how unkind words can bruise people inside, even if you cannot see it on the outside. They did this using apples, which looked the same on the outside but when you cut one of them open you could see the bruises on the inside.



Year 1 made cards for the NHS staff to say thank you and to make them feel appreciated. They were delivered by one of our teacher's sisters, who is a nurse.



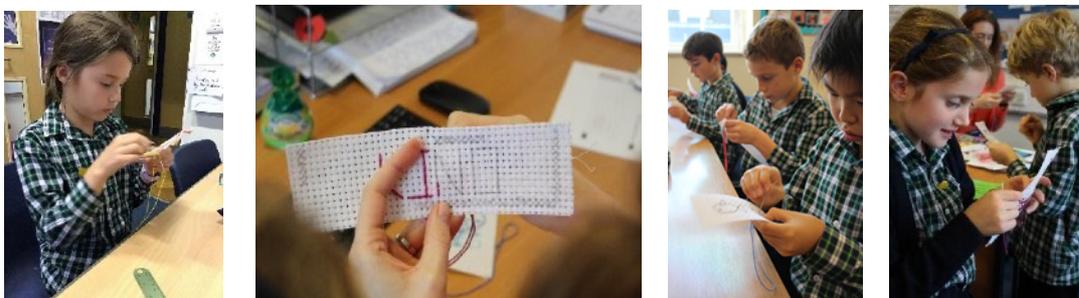
Year 2 made posters for our service providers, such as post people, bin collectors, cleaners, etc. They posted them around their local area and on their door to say thank you for all that they do for us.



Year 3 wrote letters to people who have helped them, to say thank you and show their gratitude. This could be parents, carers, grandparents, or anyone they feel they would like to thank. Once they had finished them, they sealed them with wax before delivering them.



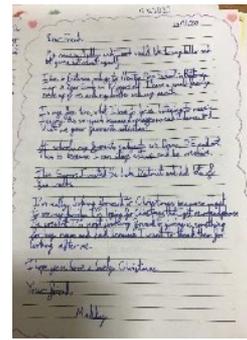
Year 4 sewed bookmarks to give to the children of a local primary school. All of the children really enjoyed making them and they were gratefully received by a school from our local community.



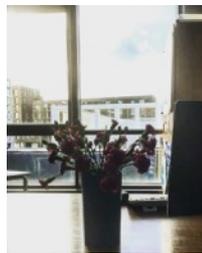
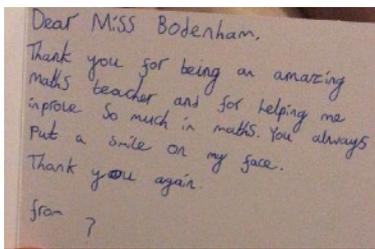
Year 5 painted kind words onto stones during their art class. Once they had dried they took them to the school garden and made a kindness trail for the nursery children to follow.



Year 6 wrote letters to the elderly residents of a local care home. After months of not seeing their family and friends, we thought this would be a lovely gesture to give them some contact with people outside of their home and to cheer them up.



Year 7 and **Year 8** designed and carried out a secret kindness project, promoting selfless and anonymous acts of kindness throughout the school.



Throughout the limited time at school this year we have tried to continue our charity work, knowing that it is even more important during these trying times.

- This year's sleep-out raised £15,330 for a homeless charity. The Year 7 children built their own shelters and slept outside at the end of October, as a way of raising awareness of homelessness and raising money for a fantastic charity.



- Collecting donations for our local Food Bank.



- Taking part in 'Love in a Box' by 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.



- Wearing our sparkliest or most festive attire to raise money for the Royal Marsden Cancer Charity, which is a charity close to our school's heart.



- Donated pre-loved toys, games, and books to a local school so they could help out families in their community.



There were many activities we were unable to run this year which would normally have raised a lot of money for charity. However, we have stood by families in their times of need, opened our doors to children to ensure critical workers were able to get to the frontline and ensured that our school was a safe and nurturing place for our children and families to be in. Our Well-being room within the school continues to support children, through their anxieties and confusion of the world around us at the moment. We encourage them to be kind and gentle with one another, we continue to embed kindness and mental health activities in our everyday life, and our core values indicate how the school values kindness: respect, tolerance, and consideration.