

## Stanislaw Staszic Secondary School in Szamotuly. (Poland)



Kindness doesn't cost at all but definitely it pays off. We start with good deeds one day, and then we prolong for thousands more....

BE KIND. ALWAYS.- this is our school motto.

### Initiatives in our secondary school include:

We have fundraised a variety of charities. E.g- each year we donate food to Lviv. Last year we also collected money, then we bought food for the Polish people who live in Lviv and who need food supplies for Christmas.

We also organised a charity event during which a lot of toys and games were collected for 5-year- old Szymon who suffers from glioma.



We collected glasses for those in need in Africa. Our school community donated 70 pairs of glasses ( 48 sunglasses and 22 corrective eyewear).



What is more, we also took part in an action – Christmas cards for children in oncological wards- our students wrote, drew and sent Christmas cards for children who had to spend Christmastime in a ward.



We have our school voluntary club-the volunteers take part in numerous charity events. Each year they organise a ball for disabled people. This year, in January, they also helped in organising such a ball- they danced, talked and made friends with each other.

Before Christmas and Easter volunteers from our school club collect food for those in need , who especially long for traditional Christmas or Easter dishes.

**We have also put a great attention to the environmental issues:**

We have organised CLEAN UP DAY, each September our students clean the areas in our town in order to highlight the importance of clean environment.

We also planted „FLOWERBED FOR CLIMATE” . Thus we celebrated the international Tree Day . We took action for our environment- we planted some trees and flowers around our school, and also around the primary school near us. That way children have learnt respect for our environment, and also- how much we owe to plants.



Our teachers and students prepared a workshop connected with work in a garden for disabled people. There is a special school for disabled people in our town. Thanks to the therapy that was conducted by our school community- the disabled children from that school could feel more confident because gardening helps to develop a range of new skills, they also have developed physical ability by improving motor skills.



We have planted hedges around our school - they clean the air, decrease the level of noise and are, of course, natural shelters for small animals, and food for them.



We have also planted birches and ashes- special trees which work as an antidepressant, give us good energy and clean the air.



This year in spring we are also planning to plant a herbal garden and a small orchard.

Our students visited FOOD BANK where they learnt not to waste food, and how to segregate food for people in need .



We promoted an anti-violence week –we organised White Ribbon Day- we decided to stand up and speak out to stop family violence. During that day all of our male students wore a white ribbon on their clothes.

Our school has also organised A RUN FOR PEACE - in order to encourage everyone to eschew and stop violence.



We have promoted „Adopt don't shop” action- a lot of our students adopt animals from different shelters or just take some homeless pets to their houses- we have shown pictures of our students- our local heroes with their beloved pets.



**We have incorporated some of the activities from your kindness pack:**

To celebrate Halloween- our students prepared motivational pumpkins – they carved positive statements which then were displayed on our school's halls.

During History classes children discussed kindness acts of famous people from around the world, and during Polish classes- those from Poland. An exhibition of these famous people was displayed on Kindness Day. Students went one step further- they described members of their families as role models.

During classes with form teachers topics such as kindness, tolerance, friendship have been discussed.

On Social Studies lessons- students are focusing only on kind acts in the media.

On English lessons we have prepared notes for each students- demonstrating their positive qualities.



**We organised Kindness Day.**

At 10 a.m we paused our lessons for a while in order to send our close friends short text messages – informing that they are very important to us and that we love them.

From that day our school has been decorated with girlands carrying sentences/ mottos – positive/ motivational quotes.



We organised a reading marathon ( on European Day of Languages -26th September) during which a book „Kindness Challenge” was read. This book was an inspiration to discuss the importance of being kind. But most of all- has given us some tips how to be kind and equipped us with practical tools to change our lives for better.



Every year our teachers and students donate blood. We know that blood is needed in times of emergencies and to sustain the lives of those with medical conditions.

