



Grove Park Primary Wellbeing News Letter – Term 2



World Kindness Day

day for the celebration of kindness in society and day to day life. This year it is taking place on Saturday 13th November. Individual acts of kindness are encouraged on this day.

Children in Need

This year Children in Need Day is on Friday 19th November. This is a non-school uniform day for all classes. Wear something Pudsy themed, something yellow or spotty or just your own clothes if you wish.



Donations – We are asking for £1 per child to take part.



Talking to your child about how they are feeling can be tricky, especially if you are worried that they may be having a hard time. You may not know what to say to them, or you worried how they will react. It does not matter what the topic of the conversation is, it is the opportunity it gives you to talk about those feelings and provide comfort.

Here are some great ways to get those conversations started

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you feel proud?
- How are you feeling?

World Kindness Day!

World Kindness Day is nationally recognised

Anti-Bullying Week – 15-19th November 2021

The theme for this year's anti-bullying week is 'One Kind Word' Kindness is more important today than it ever has been. The isolation last year as really highlighted how those small acts of kindness and consideration can really break down barriers and brighten up someone's day

How can we do this???

Ask if someone is ok, say sorry or, just say hey.

In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.

It starts with one kind word. It starts today

Conversation Starters