



Create kindness and raise money for young people

Dear Parents/carers,

We are delighted to be supporting Childline by taking part in the Kindness Challenge this October.

By supporting the Kindness Challenge you're helping to power Childline. Childline is there for all young people online, on the phone, anytime. On average, a child contacts Childline every 45 seconds.

Our Kindness Challenge

We'll be spending a week creating more kindness in our school community by working through a list of kindness acts. We ask that children bring a voluntary donation during the week which will be donated to the NSPCC.

We will be taking part in the below activities to help spread kindness around our school.

- Get to know someone in your class you don't normally talk to
- Be kind to yourself by doing something you love
- Smile and say good morning to someone who works in your school
- Help someone who is stuck on their classwork
- Write a thank you letter to a friend or teacher
- Hold the door open for someone
- Say 'please' and 'thank you' to teachers and classmates
- Invite someone sat on their own to join in your game
- Sit next to a classmate you don't normally eat lunch with
- Pick up litter in your playground
- Give positive feedback to someone in class who presents or reads something
- Let your friend choose the game to play during break time
- Lend someone something from your pencil case
- Offer to hand out the fruit at snack time
- Sort out the reading books
- Offer to tidy up the equipment at the end of PE
- Include everyone in group activities and games

It all adds up - all the money we raise at Norbridge Academy will help keep children supported and safe.

Thank you.



FIND OUT MORE ABOUT:

- Childline, visit nspcc.org.uk/keeping-children-safe/our-services/childline
- Keeping children safe online, visit nspcc.org.uk/online-safety