



Friday 20th September 2024

**NSPCC The Kindness Challenge and World Mental Health Day**

Dear Parents/Carers of Ecclesall Primary School,

At EPS our values are Kindness, Positivity and Respect and our whole school community approach to developing positive relationships, confidence and self-belief supports our vision that every child's experience should be a happy one. During the week beginning 7<sup>th</sup> October we will be recognising World Mental Health Day (10<sup>th</sup> Oct) and will also be taking part in the Kindness Challenge in support of Childline. During the week we will be creating extra kindness in our school community by carrying out a list of kindness acts to make a positive difference. We will be thinking about how being kind means trying to understand how other people are feeling.

Being kind can have many benefits for our mental health, including:

- Reducing stress: Kindness can help reduce stress and lessen the effects of stressful situations.
- Improving self-esteem: Kindness to yourself can help boost your self-esteem.
- Increasing feelings of confidence and optimism: Kindness can help you feel more confident and optimistic.
- Improving relationships: Kindness can help deepen friendships and improve relationships.
- Decreasing loneliness: Kindness can help reduce feelings of loneliness.
- Increasing feelings of well-being: Studies have found that acts of kindness are linked to increased feelings of well-being.

- Promoting changes in the brain: Helping others can promote changes in the brain that are linked with happiness.
- Being contagious: Kindness can be contagious, encouraging others to join in with their own generous deeds.

By supporting the Kindness Challenge we will be helping to support Childline. Childline is there for all young people online and on the phone. On average, a child contacts Childline every 45 seconds. Please donate by using the following link and share with friends so we can support Childline. <https://www.nspcc.org.uk/support-us/ways-to-give/donate-b/>

Many thanks for your support

Kind regards

Emma Hardy  
Head Teacher

Nicole Ramsey  
Deputy Head

Guy Willatt  
Deputy Head