



Kindness week across the College 2024

Departments

<u>Department</u>	<u>Activity</u>	<u>Detail of activity</u>
Motor Vehicle Studies	Peer Kindness achievement and reward points....	In class we will be encouraging students to give each other achievement and reward points in the respect of being kind There will be gifts of kindness
Drama	Kindness Role Plays	In class we will be looking at different scenarios and the students will have to focus on doing what is right/kind. After these are complete, they will reflect on how kindness can be used to help others. KBL Year 9 Drama classes took part in improvisations based on the theme of Kindness. TBL Year 12 had 20 mins of Park Bench Game to thank them for all their hard work on

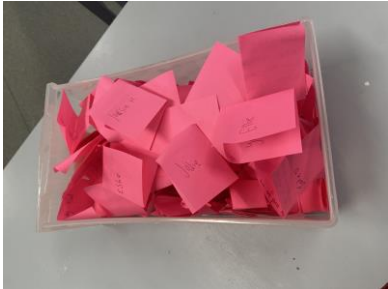

		their recent Devised Drama performances.
History	Raffle	<p>A student is awarded a raffle ticket for answering a question in class, excellent work / homework. At the end of the week each teacher in the department will draw tickets for 6 prizes.</p>  



Library	Book displays	Display promoting Novels and reference books with a Kindness theme.	
	Free Book Box	Available for students and staff to select a book to take home and keep.	
	Kindness Activities	Kindness Activities and Colouring Sheets were completed by students, who then received a "Sweet treat" from Mrs. Boyd.	
	Random Act of Kindness and Worry Jars	Add kindness or worry to a jar.	
Technology		Random acts of kindness prompt cards.	6 pupils in each class are given laminated cards with a prompt to carry out a random act of kindness towards someone they may not normally spend time within their class. Examples include actively going out of their way to help others with practical work, paying people compliments etc.
Technology		Friday Bun Day	Tea and buns with 6 th form class on Friday afternoon.
Science		Video lesson	The science of kindness


	<p>Covered a class</p> <p>Bought a gift</p> <p>Helped a colleague</p>	<p>Ms Van Der Schyff covered Mr Thompson's form class during the beginning of the Year 12 SAS Chemistry exam.</p> <p>Mr Thompson bought scented candles for the Science rooms.</p> <p>Mr Thompson helped Mr Robinson setup the Hall for the SAS Chemistry exam.</p>
Business	Kahoot revision	Students rewarded with a Kahoot revision quiz to help revise.
PE	Store Clean Out	Old equipment recycled and given out to pupils to use at home
Learning to Learn	The Science of kindness	In Learning to Learn, we were learning about the science of kindness and the positive impact that this can have on our brain mental health. We made acrostic poems about kindness. We also went on a kindness mission to the classes form teacher to say thank you for all of her help

		<p>and support with helping the Year 8 class settle in to life at Strangford. We presented her with a lovely card with a handwritten message from all of the students a luxury box of biscuits to enjoy with her break.</p>
<p>French</p>	<p>Lots of activities</p>	<p>French breakfast was provided for the Year 11 GCSE class, and we've decided now to make it a monthly thing as it is so sociable.</p> <p>We provided a French breakfast to the PE department before heading to Bangor and gave the office staff French breakfast on Friday.</p> <p>Pink compliment post its SAN form class. We read them out over Colin the Caterpillars and hot chocolate. The form tutor sent them all a kindness message on their email.</p>

		<p>The HOD gave the MFL department a postcard with a personalised message and Christmas ornament.</p>  
ICT	IC-Tea	Mr Ferdowsian made tea and biscuits for his year 13 ICT group, for all their hard work
Geography	Treats for KS3	Pupils were given sweets and lollies for answering questions in team quizzes on various topics.


Year Groups

Year 8	Activity	Detail of activity
8RR	Notes of Kindness	Form tutors provided hot chocolate and snacks as we wrote notes of kindness and compliments to one another. Pupils gave generously to the storehouse collection and shoebox appeal.
8TT	Every student did a random act of kindness	These included giving up their seat on the bus for another student, doing the dishes, making mum a cup of tea, cooking spaghetti and buying a wee sister a present. 8TT box of donations for the Shoe Box appeal was overflowing with gifts for less fortunate children and they collected 2 boxes of food for the Food Bank
	Kindness notes Assembly	Each person in the form class wrote kindness notes to a member of staff which were delivered to their pigeonholes. 8EG focused their assembly on kindness week and how we can show kindness to those around us.
Year 9	SA Snap Cup (Legally Blonde 2 reference)	The class write compliments to each other, and we put them in a cup and read them out giving each other 'snaps'
	Students leading assembly	Students from Mr Simms Form Class led the assembly on Kindness Week
	Get better soon card	A TA arranged for a card to be signed and sent home to a student who has broken their leg recently in 9SA
Year 10	10TM Form Class Pens	Form class 10TM are receiving kind quote pens from Mr. McCartney with kind and inspiring messages to help them as they go into Winter Exams.
Year 10	Whole year group kindness cards	Year 10 were given kindness cards to write for their teachers / family / friends.
	Free break tokens	

	<p>Staff appreciation</p>	<p>5 students were nominated to be winners of our Kindness prize: a free break in the canteen.</p> <p>Staff kindness cards and chocolate were given out as appreciation.</p> 
<p>Year 12</p>	<p>Inspirational/motivating affirmation cards – each class will be given some cards to leave for others – or give to a member of staff</p>	<p>Each form class will have some cards They can take these anonymously and given them to people/leave for staff to brighten their day</p>
<p>Sixth Form</p>	<p>13 DH wrote kindness post-its for each other Students were given yummy treats by teacher</p>	

Other activities in the College

Group	Activity	Detail of activity
History	Remembrance Assemblies Thank-you chocolate	On Monday 11 th November, we held our Remembrance Assemblies for the whole college community. We reflected on the sacrifice that so many made for us and remembered them with kindness Mrs Newman awarded a chocolate bar and 5 achievement points to each student who participated in the Remembrance Assembly.
Office	Box of Roses French Breakfast Sweets	Heather from the Library gave the office a box of chocolates to say thanks for all their help Sinead provided a French Breakfast for all the office staff. Mr Beare gave a box of sweets to the office
RRS Committee	Free Lollypops	Members of the committee brought in lollypops and gave them out at breaktime for free on Kindness Day.
Storehouse	Storehouse food collection	The whole school collected for Storehouse to replenish their stores during the Christmas period. We donated over 2,000 items.


		
<p>Charity Committee</p>	<p>Kind donations</p>	<p>The Charity Committee put up motivational posters about kindness across the College.</p> <p>We celebrated World Kindness Day with our College community and shared this on social media.</p>  <p>The Chairty Committee also sold poppies and poppy merchandise for the Poppy Appeal.</p> <p>The Chairty Committee alongside the Music Department organised Busking at Break on Thursday of Kindness Week and raised £100 for Children in Need.</p>



Anti-Bulling Week

Anti Bullying Committee

Mrs Dorrian led Anti-Bullying Week assemblies on the theme of 'Choose Respect'.

		<p>Resources were provided for Form Teachers and Heads of Year to use with their pastoral teams.</p> <p>The Anti-Bullying Ambassadors held their lunch time drop in with a focus on Anti-Bullying Week.</p> <p>The Committee also had a planning meeting for the year ahead</p> 
Senior Scripture Union	Kindness message	<ol style="list-style-type: none"> 1. What is kindness? – to be friendly, generous and considerate. 2. Why be kind? - scientifically proven benefits: it's contagious, makes us happier and leads to longevity.

3. What is kindness week? - the week of annual World Kindness Day in November - to celebrate, raise awareness of, increase and encourage acts of kindness in society.
4. Well known examples of kindness: Victorian, Christian Philanthropists – Dr Barnardo (who rescued and cared for over 60 000 destitute children in orphanages throughout the UK) and George Cabury (the Chocolatier, who cared for and provided for his factory workers in ‘Garden Villages’, such as Bourneville, which is still regarded as the best place to live in England).
5. How can we be kind? - smile, compliment, forgive, be generous, only put positive comments on social media.
6. The kindness of God:

God's kindness

For God so loved the world that He gave His only begotten Son, that whoever believes on Him, shall not perish but has everlasting life

John ch 3 v 16

Friendly

Considerate

Generous