

19th May 2020

Dear Parent/ Carers,

I hope this letter finds you all well.

As you may know this week is Mental Health Awareness Week 2020.

The topic chosen for this year is **kindness**, something we can all agree is pretty important in life, right now in particular. Kindness helps bring us together and can act as the glue that binds our communities. By helping our young people see this and encouraging it, we will create a happier, more compassionate world for all of us in the future.

It's time to celebrate how powerful our kindness is.

Below are some great resources to raise awareness, get us all talking and give us some fresh ideas for how we can show and celebrate our kindness.

### Activities for everyone

[Kindness with Zumos](#) – Part of our 70 Day Wellbeing Programme. Today we focus of Kindness.

[The Mental Health Foundation](#) - A selection of Mental Health Foundation materials, including some great social media graphics to raise awareness and show support online.

[Random Acts of Kindness](#) - A fun site focussing on positive action and experience. All sorts here from virtual tours of the world's greatest museums, to energetic challenges focussing on this year's Mental Health Awareness Week topic - Kindness.

[Positive Psychology](#) - A whole host of activities for all ages, some fun games and conversation starters all centred around being kind.

[Take Action Get Active](#) - Part of the MHF challenge to get active this May. Focussed on the links between physical activity and mental wellbeing. Would make a great virtual challenge or video project.

[Time to Change](#) - Some great games, posters and graphics to print and play.

[Random Acts of Kindness Lesson Plans](#) - Worth having a look as we are all educators in our home schools, some nice lesson plans and extra ideas to do at home.

[Do Good From Home](#) - Some great inspiration on here, lots of great ideas of activities you can do at home as a family to show some kindness to others in the times of pandemic.

In these unprecedented times, kindness matters more than ever. Literally, every kind act touches someone and makes a huge difference. So I encourage you to take this opportunity to discuss and raise awareness, and use these and other ideas to show and celebrate our kindness.

With my very best wishes,

Mrs Deborah East.  
Deputy Head Teacher



Headteacher: Dr D Craddock PhD MA BSc (Hons) NPQH  
Deputy Headteacher: Mrs D East BSc (Hons) PGCE SENDCo  
Assistant Headteacher Mrs C Watkins BSc(Hons) PGCE

West Moors Middle School  
Heathfield Way, West Moors  
Ferndown, Dorset, BH22 0DA

Telephone: 01202 872474  
Email: [office@westmoorsmid.dorset.sch.uk](mailto:office@westmoorsmid.dorset.sch.uk)  
[www.westmoorsmid.dorset.sch.uk](http://www.westmoorsmid.dorset.sch.uk)

