



THE BUCKINGHAM SCHOOL

A SPECIALIST SPORTS COLLEGE

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Dear Parents, Carers and Students

Today marks the first day of Mental Health Awareness Week. The theme for this year is 'Kindness'.

We are all currently living in a part of history which is full of uncertainty. One thing that is certain is how one act of kindness can help others.

One of the things we have most definitely seen during this time, are people's act of kindness; helping others is good for our mental health and wellbeing. No doubt you have all heard of Captain Tom Moore - 99 years old and wanted to do 100 laps of his garden to raise £1000 for the NHS before his 100th birthday at the end of April. Turns out, by his birthday, he had raised £30 million for the NHS, promoted by the Army to a Corporal and also had a Number 1 song! This is one example of an extraordinary act of kindness that went far beyond what he, or anyone else, thought possible.

One act of kindness can have an immeasurable impact on another person and on yourself: what can you do to help someone? Here are a few ideas:

- Make someone in your household a cup of tea
- Draw a picture and give it to someone you care about
- Text a friend and let them know you are thinking about them
- Helping in the community:- donate to a food bank / reach out to an elderly neighbour

Acts of kindness don't need to be grand gestures that cost money. Acts of kindness are often the smallest and simplest things in life that mean the most.

The link below will take you to the Mental Health Supporters Pack. Here, you will find ways you can get involved, with ideas on what you can do for kindness:

https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack_Final.pdf?bblinkid=223659373&bbemailid=21883123&bbejid=1505799690

Please let us know what acts of kindness you have done, or have received. Let's fill our community with lots of acts of kindness! Email us at tbsstars@buckinghamschool.org.

Stay safe, stay well and be kind.

Yours faithfully

Paula Matthews
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The Buckingham School is concerned that every student should have the opportunity to attend school activities/obtain equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence to Mrs K Bones at kbones@buckinghamschool.org, if you wish to seek assistance, or obtain more information about Pupil Premium funding.

