



Rights Respecting School Award

13.7.2018

This week's article focusses:

- Article 2 (non-discrimination) - the convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language abilities or any other status.
- Article 3 (best interests of the child) - the best interests of the child must be a top priority in all decisions and actions that affect children.
- Article 14 (freedom of thought, belief and religion) - every child has the right to think and believe what they choose and also to practise their religion, as long as they are not stopping other people from enjoying their rights.
- Article 15 (freedom of association) - every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.

This week the children were introduced to 'A Mind to be Kind', an exciting new project which staff, pupils and, hopefully, parents will be involved in. The project will promote children's rights, through encouraging equity and promoting dignity and respect from Reception to Year 6.

The aim of this project is to develop a culture where kindness, without an expectation of reward, becomes a way of life for staff as well as children. Rather than focusing on performing acts of kindness for a reward, we are aiming to shift the focus to how it **feels** when we are kind. By doing so, it is hoped that giving and receiving kindness becomes the norm and the school will be a happier, calmer and more productive place for everyone.

'A Mind to be Kind' will be delivered to all pupils as a series of short 'Stop and Think' sessions where kindness is explored through three main themes:

- ❖ Acts of Kindness
- ❖ Living without Harming Others
- ❖ Respect

Each session will end with a 'Try This' task which is a simple activity for staff and pupils to do before the next session. For example:



Research shows that kindness can benefit us in many ways. For example:

- ❖ Kindness makes us happier by releasing chemicals in the body.
- ❖ Kindness improves self-esteem and relationships.
- ❖ Kindness improves concentration.

By committing to 'A Mind to be Kind', we are hoping that all these benefits will be evident in both staff and pupils, and our school will become an even better place to be. Hopefully, you will notice these positive effects on your child at home and at school.