

KINDNESS しんせつ 親切

What is Kindness?

Kindness is one of our school values. It is the quality of being warm-hearted, considerate, humane and sympathetic. The notion of 'treating others as you would like them to treat you'.

It links with our school norm 'Treat others as you would like them to treat you.'



Why the focus on Kindness?

The COVID-19 pandemic had a profound and continuing impact on the wellbeing of students, teachers, and families. Over the last 12 months, staff have noticed many instances where students have chosen to be unkind or rude to others: for example, negative comments about others appearance or work efforts, pushing to get to the front of the line, or lashing out at innocent bystanders when angry or upset.

We want school to be a positive experience for all students, hence a focus on how to show kindness in and out of school.

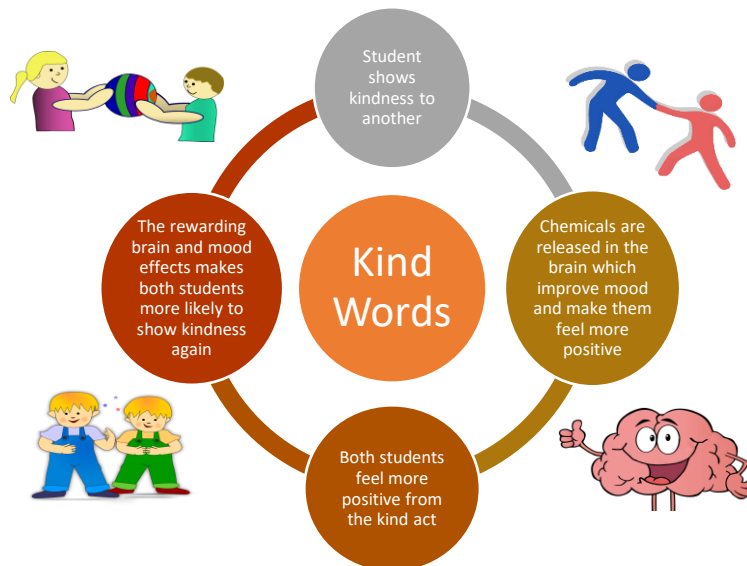
Let's work on kindness together



Why is Kindness important?

Kindness has an incredible positive impact on our brain chemistry and therefore our wellbeing. Simple acts of kindness, such as positive comments, using manners, helping others, and showing empathy cause dopamine to be released in not just the brain of the person to whom you were kind, but also to your brain! This release of dopamine rewards your brain by making you feel good – this is called a “Helper’s High”. This release also makes you feel more positive about yourself and others.

Neuroscience shows that the more time we spend focusing on positive experiences, the more resilient we become, the better our mental wellbeing and the better our physical health! This means that students will not only have a more positive experience at school, but can learn more effectively!



What the school will do

- Regular teaching about the benefits of kindness, how to show kindness and strategies to regulate emotions.
- Role model to students how to be kind.
- Follow up on incidences of unkindness and violence with children and parents.

What you can do at Home

- Role model to your children how to speak kindly and use manners (“please”, “thank you”, “you’re welcome”).
- Do not tolerate any form of physical violence such as pushing, kicking, hitting etc.
- Follow up with your child at home if they have been involved in unkind or violent incidences- important to tell them this behaviour is not okay.

What can families do to help school?

It is important that students have opportunities to build their awareness of how to be kind both inside AND outside of the school environment. You are your children's first and most important teacher, so a partnership between home and school will ensure that every student gains a strong understanding of what kindness is and is not.

Activity

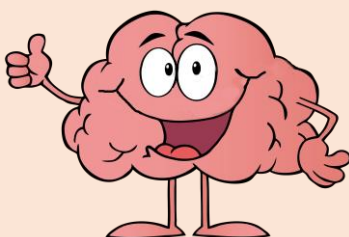
Using the examples in the columns below, discuss with your child/children what kindness looks like at school and home. Add in more examples that you think of during your discussion.

Then, discuss what kindness does not look like and add more examples that you can all think of during the discussion.

These ideas can be kept on display at home and can help to reinforce your expectations for behaviour!

What Kindness looks like:

- Using basic manners everyday and all the time.
- Speaking in a respectful tone- one that is not demanding or loud.
- Accepting you 'won't get it your own way' all the time.
- Accepting that it is ok to make mistakes and forgiving yourself for getting things wrong.
- Giving a compliment- especially if someone has done something well.
- Being thoughtful and helping someone who is in need e.g. helping a person up if they trip over
- Showing empathy to another person- 'I understand'
- Being sincere and telling the truth.



What Kindness does not look like:

- Speaking rudely- being loud, calling out, using sarcasm or a hard tone and not using manners
- Saying mean words to hurt another person's feeling (such as stupid, sucks, hopeless, fat, ugly)
- Saying 'Just Joking' if another person is upset by what you have said to try and get away with unkindness.
- Any physical violence (pushing, slapping, hitting, kicking, punching)
- Laughing at another person when they are in need or hurt.
- Damaging someone's property.

