

Wellbeing Ambassadors: Spreading Kindness at School

Our Wellbeing Ambassadors, who play an important role in promoting positive wellbeing across our school.

Their role is to:

- Share kindness and positivity throughout the school
- Welcome new children and staff
- Be caring, thoughtful, and supportive
- Treat others with respect and compassion
- Promote the Five Ways to Wellbeing: Connect, Take Notice, Give, Keep Learning, Be Active

Spring Term Focus: Give

Giving to others helps children feel happier, more connected, and valued. Acts of kindness—big or small—can make a positive difference to both the giver and the receiver. To support this at home, you might try:

- Helping with chores or small jobs
- Writing a kind note or giving a compliment
- Sharing toys, books, or games
- Checking in on a friend or family member
- Helping a neighbour or someone in need
- Taking part in fundraising or community activities

Throughout the spring term, we will be planning a range of activities to encourage generosity, empathy, and a strong sense of community, helping our children feel happy, healthy, and supported.

For more ideas and resources, please visit our Wellbeing Page.

With best wishes,
Miss Stanton