



HAMPDEN GURNEY

CE PRIMARY SCHOOL

Dear Parents,

Firstly, I would like to thank all of those who attended our Wellbeing Presentation last month. We appreciate your engagement and support with our project at Hampden Gurney.

For the month of March, our focus for wellbeing is to '**give**'. Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy (Mind 2022).

Giving can quite often be associated with the offering of physical objects such as money and although this is a great way to help those in need, there are other ways to give too!

Here are range of different ways you can encourage your child to give:

- smile and say thank you
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting
- listen to someone else and how they are feeling

This month we will also be running 'A Random Act of Kindness' with the children. The purpose of this is to highlight and encourage good deeds in our community. It also serves as a reminder to all that simple acts of kindness have power and that together, we can all work to create a kinder world. Once they have been given a name, their acts could include a homemade drawing, asking if they would like to join in a playground activity or even paying a compliment.

However, we would love for our children at Hampden Gurney to also begin to understand the impact giving up time can have on others. Sometimes, as humans, we just need someone's time and attention. It is important to learn to recognise this so that we can all work together to help others and ourselves. Discuss this idea with your children and if they are able to share an experience of this, why not send it into school in an email!

Finally, we would like to support parents' wellbeing by running workshops that you feel you would benefit from. These could be about anything from children's sleeping patters to training on the Singapore Math methods we teach in school.



To ensure we are planning workshops that will benefit you, please visit <https://freeonlinesurveys.com/s/pexFQOpX> to give us some ideas. We may not be able to provide a workshop for everything you need, but we will try our very best!

Good luck and as always, our door is always open!

Best Wishes,

Miss Shin