



Wisdom Service Hope

St Mary's and St John's CE School

"With God, all things are possible" (Matthew 19:26)

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Principal: Martin Serrão BA, MEd (Camb)

18th May 2020

Dear Parents/Carers,

Mental Health Awareness Week: 18th – 24th May 2020



Mental Health Awareness Week is hosted by the Mental Health Foundation and this year's theme is kindness. Kindness is a very fitting theme in these uncertain times in which we find ourselves. Kindness is defined by doing something towards yourself and others which is motivated by a desire to make a positive difference. It can strengthen relationships, develop community spirit and reinforce solidarity. Kindness is an essential element of our individual and collective mental health; it is something that we all need to experience and practice.

We have all witnessed examples of extraordinary acts of kindness taking place around the world; 100 year old Colonel Tom Moore walking around his garden to raise over 30 million pounds for the NHS and many community groups responding to local needs.

Kindness and Mental Health

Research shows that kindness has a positive effect on our mental health; it can alleviate isolation and create a sense of belonging. Kindness can help to reduce stress and bring a fresh perspective to the situation. Kindness from others can improve our self esteem and optimism.

1. Helping others feel good

Helping others can make us feel happy; it can have a positive effect on our own mental health and wellbeing.

2. It creates a sense of belonging and reduces isolation.

Volunteering and helping others can help us feel a sense of belonging, make new friends and connect with our community.



3. It helps keep things in perspective

Helping others who may be less fortunate than ourselves can help put things into perspective and make us feel more positive. Also, by being aware of things we are grateful for can increase our feelings of happiness, optimism and satisfaction. This can lead to having a more positive outlook on our own circumstances.

4. It helps make the world a happier place - it's contagious!

Acts of kindness can improve feelings of confidence, being in control and optimism. It may also encourage others to repeat the good deed that they have experienced - contributing to a more positive community.

5. The more you do for others, the more you do for yourself

The benefits of helping others can last long after the act itself, both for you and them. Here are a few ideas that you might like to try.





6. Let us know.

We would love to hear about acts of kindness that you have performed or received, how did it make you feel?

7. Why not make a Kind Hand?

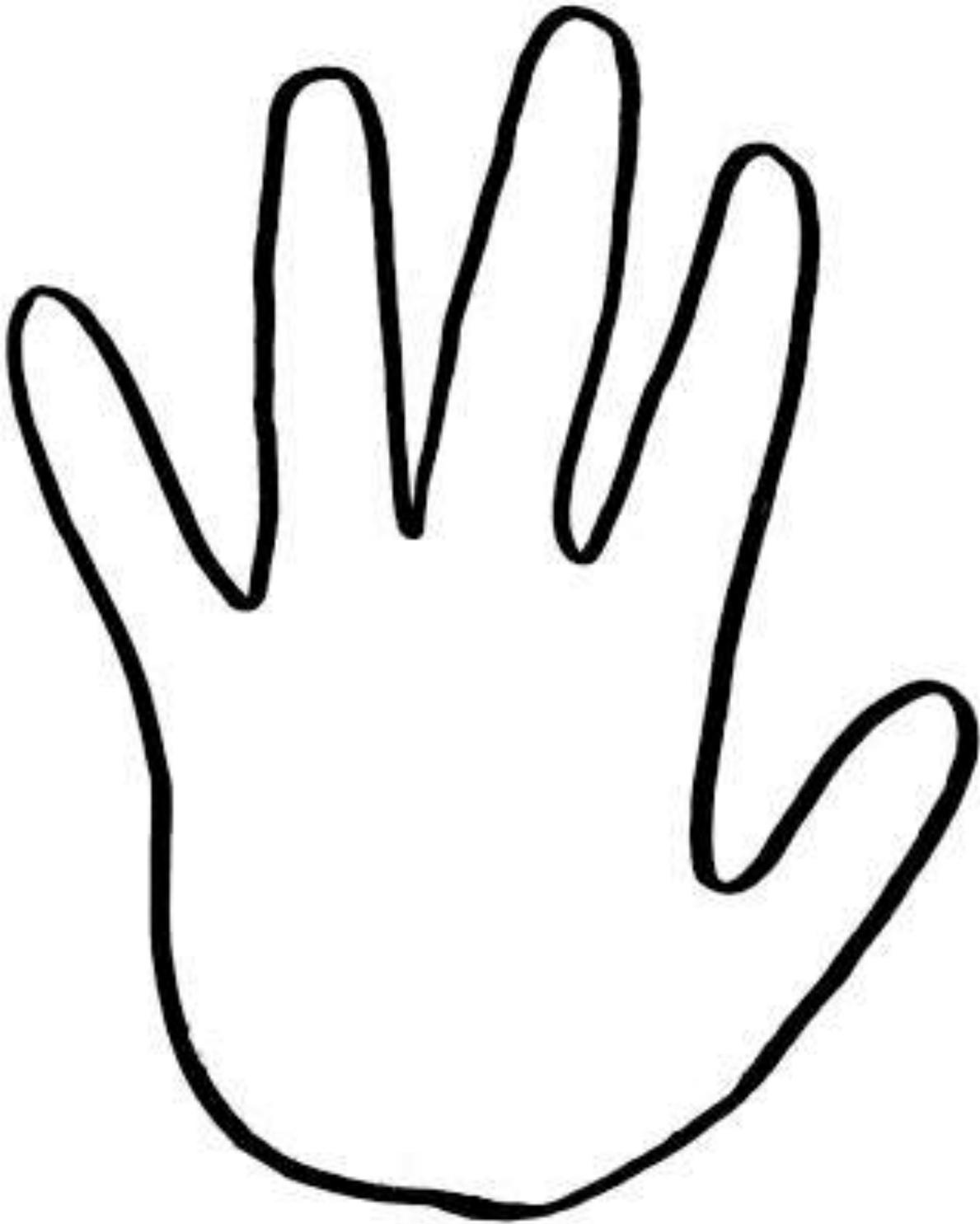
Print/trace the hand outline attached and draw/write about your act of kindness.

Completed Kind Hands can be sent to your teacher/PAM/HoY. They will then be used to make displays at school.

Yours faithfully,

A. Castagno

Mrs Castagno
School Counsellor



Primary Phase, Neale House Campus, Prothero Gardens, Hendon, NW4 3SL
Junior Phase, Bennett House Campus, Sunningfields Road, Hendon, NW4 4QR
Senior Phase, Stamford Raffles Campus, Downage, Hendon, NW4 1AB

