

MENTAL
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL
HEALTH

PSHCE Bulletin

Why Kind?

Welcome to your PSHCE Bulletin, Monday 22nd June, 2020.

Last week we welcomed Year 10 back into school and, over the coming weeks, all of you will have had the opportunity to come back in and see your tutors and some of your classmates. To get everyone back into school has taken a huge amount of thought and preparation. Black Lives Matter and calls for anti-racism continue to be heard. The NHS and key workers across the country give their time almost endlessly. One of the things that has come up in my discussions about all of these things has been the Tallis character trait of kindness.

If I asked you what kindness is, what would you say? Is it just being nice? Is it helping others? Is it holding doors open? Kindness is much more than just a fuzzy, general niceness. The Cambridge Dictionary online defines kind as being '*generous, helpful and thinking about other people's feelings*'. Kind is a core character trait at Tallis because it is a moral virtue that values compassionate behaviour towards others.

Kindness doesn't just benefit the person who is the beneficiary of your kindness. Being kind and helping others has been proved to be of huge benefit to our own self-esteem and personal well-being too. It actually improves your physical and mental health. Compassion and kindness reduce stress, boost our immune systems, and help reduce negative emotions such as anger, anxiety, and depression. And it makes us happier! A Japanese study found that a person's happiness increased just by counting the number of kind acts they had done.

It sounds easy. But there are many things that may stop us from being kind to others. Sometimes we see people in need of help and we don't step forward. We may feel we have nothing to offer or that we have too much going on or that someone else will help. Some people are nervous that they will do or say the wrong thing. These obstacles can even prevent someone from giving first aid to someone who needs it. However, we don't have to be in this position. We can learn skills that allow us to feel confident enough to help when needed. The Red Cross have a range of short videos about how to administer first-aid in some common situations. This week I would like you to try to learn some of these things. You can even learn them together with your family. The link below and the powerpoint this week will help you to learn more.

Remember too, that things that may seem small and insignificant to you might mean a lot to the person you share them with. Even a smile or a thank you can be a kindness. It's all about caring for each other.

Useful Links and Contacts

Red Cross Learning First-Aid Skills - <https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/>

Many of you will have seen this clip before but I love it and it reminds me that one small kindness from an individual can have a positive impact much further afield - <https://www.youtube.com/watch?v=nwAYpLVyeFU>

"Why Random Acts of Kindness Matter to Your Well-Being" - <https://www.psychologytoday.com/intl/blog/emotional-nourishment/201711/why-random-acts-kindness-matter-your-well-being>

Childline - www.childline.org.uk Phone: 0800 1111

Kooth - free, safe and anonymous online support for young people <https://www.kooth.com/>

There is also a huge range of resources on the school website, from activities to careers and maintaining good mental and physical health - <https://www.thomastallisschool.com/schoolclosureresources.html>
