

Ryelands Random Kindness



2021

FEBRUARY

How many random acts of kindness can you do this month?

Below, you will find a random act of kindness idea for each day of this month. Remember your kindness can change someone's whole day. Tick them off as you do them.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Say hello to as many people as you can with a smile!	2 Write a letter to someone you care about. Maybe include a picture.	3 Make someone in your family a snack or a cup of tea.	4 Think of something nice to say to everyone in your home.	5 Make a card for a friend telling them something you like about them.	6 Plant some flowers, be kind to the environment.
7 Make a thank you card to give to the post person or bin collector.	8 Read a book to someone in your house.	9 Put some money into a charity box.	10 Give someone in your house a hug.	11 Show encouragement to someone today, say 'well done!'	12 Ask 'how can I help?' to the adults around you.	13 Say thank you to people who are doing their jobs: like shopkeepers.
14 Take the rubbish out for your family.	15 Hold the door open for people today.	16 Clear up a mess you didn't make.	17 Clear out your old toys and take them to a charity shop.	18 Make a cake and give it to someone to make them smile!	19 Clear the table after dinner.	20 Pour your family a drink at tea time.
21 Draw someone special a picture to make them smile.	22 Make a poster for your local park telling people to pick up litter.	23 Paint rocks with positive sayings and leave them for people to find.	24 Tidy your bedroom without being asked.	25 Call a member of your family and ask them about their day.	26 Help your adult to make tea.	27 Before you go to bed, think of 3 things you are grateful for.
28 Set the table or help to wash up after tea.						



RYELANDS HAPPY NEWS!

BREAKING NEWS: CUDDLING HELPS CUTS AND BRUISES HEAL FASTER!

February 2021

VALUE SPRING 1: RESPONSIBILITY

'A hero uses their freedom to be responsible.'



WHO WILL OUR RESPONSIBLE VALUES HERO BE?

If your child works hard at being responsible, please nominate them for the next Values Hero Award by filling in the nomination form on our app, or by telephoning the school office and leaving a message about your child for Mr Ingham.



I wonder, do you have any happy news you would like to share with everyone?

Write to your teacher on Google Classroom and entries can be sent to Miss Sharkey.

HOW CAN I SHOW RESPONSIBILITY?

- Completing work on Google Classroom.
- Create a weekly or daily timetable of jobs to do, such as:
- Get dressed independently.
- Brush your teeth without a reminder twice a day!
- Pick up toys and organize them in your bedroom.
- Wash up after lunchtime.
- Hoover or sweep the floor after dinner.
- Challenge yourself to have completed your English and Maths work before lunch.

PSHE NEWS

On Google Classroom, you will find a worry jar where you can post any worries you have and the adults will try and help you as much as we can! Remember a worry shared can be a worry halved!



You also have some challenges coming your way! On the back of this newsletter you will find a Random Acts of Kindness Calendar. I wonder how many random acts of kindness you can complete this month?

Teachers will also be posting a bucket list for you to complete! This will be full of experiences and skills and we will be keeping an eye on which class is working through their bucket list as a team!



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