



Create kindness and raise money for young people

Dear Parents and Carers,

We are delighted to be supporting Childline by taking part in the Kindness Challenge this October.

By supporting the Kindness Challenge you are helping to power Childline. Childline is available for all young people online, on the phone, anytime.

On average, a child contacts Childline every 45 seconds.

Our Kindness Challenge

Heathwood Schools Rights Respecting Council have created a 'Spreading Kindness at Home' tick sheet based on the children's ideas shared in their assembly. We are asking children to see how much kindness they can spread at home by seeing how many ticks they can get. Please find the tick sheet attached.



Fundraising

We would love it if you could make a donation to share your support for the kindness spread by Heathwood School and PreSchool children in support of the NSPCC. Any donation, however small, will help us to make a difference.

We've set up a JustGiving page

- Use the QR code on the next page or
- use this link

https://www.justgiving.com/page/heathwood-lower-school-1727858442361?utm_medium=fundraising&utm_content=page%2Fheathwood-lower-school-1727858442361&utm_source=copyLink&utm_campaign=pfp-share

It all adds up!

We thank you in advance for your support, all the money we raise at Heathwood Lower School will help keep children supported and safe. Please can all donations be made by Monday 14th October 2024.

Thank you.

Best wishes,

Talia Romaine and Rights Respecting Council
Heathwood Lower School

FIND OUT MORE ABOUT:

- Childline, visit nspcc.org.uk/keeping-children-safe/our-services/childline
- Keeping children safe online, visit nspcc.org.uk/onlinesafety



Thank you so much for supporting our Kindness Challenge

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Please use the QR Code below to donate.



Scan QR code

Say hello to your very own QR code. This will help your supporters find your Page more easily.



[How can I use my QR code?](#)

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Kindness Challenge

Can you help spread the Heathwood kindness at home? How many can you tick off?

Smile at someone and get a smile back	
Share a toy with someone	
Help tidy up	
Help someone	
Make a thank you card for someone	
Say please and thank you	
Listen during story time	
Help set up at meal times	
Help look after your pets	
Help someone at home with the cleaning	
Pick up litter	
Be kind to yourself by doing something that you love	



Please tell us anything else that you have done to spread kindness...

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