

EAST HUNSBURY PRIMARY SCHOOL

Newsletter

6th December 2024

MESSAGE FROM THE HEADTEACHER

Dear Families

It's December! We have 2 weeks to go so the countdown is on to the Christmas holidays. As such, we are busy preparing our nativities and festive fun! However, our learning very much continues and the children are thriving!

Congratulations – Northampton Education Awards

A huge congratulations to Jo Long who was a finalist in the Northampton Education Awards for School Business Manager of the Year and also Indy Jutla who was a finalist for Unsung Hero. I am thrilled to share that Indy won her category against 4 other finalists – what an achievement! They both enjoyed a night out at the County Cricket Club with some of our Senior Leadership Team where their talents and expertise were celebrated. I am so lucky to have such wonderful, dedicated staff here at EHPS!



Assemblies - Monday

On Monday, our new Playground Leaders, led by Mrs Wardell, expertly led the assembly explaining who they were and their role. Our leaders are having training by Mrs Wardell this term and then NSport will be visiting to further develop their skills. We are so excited to see the impact that they will have on our playtimes and I am excited to see them support play with our Reception and KS1 children.



Within the assembly, we also launched our school Christmas song!! Yes! You read that right... our school Christmas song! Which has been written and put together by Mr Guilder... watch this space for more information...

Friday

Then, on Friday, Vicar Griff visited us to lead a special assembly all about Christmas and the Christmas story. We are proud that two of our Christmas trees are on display at St Benedict's, decorated by our House bookmarks – why not pop along and have a look at them? The church is open on 8th, 11th & 13th December.

Year 4 are Musical Superstars

Last Tuesday, Year 4 led a wonderful assembly where they played a variety of songs that they have been learning as part of their music lessons with NPAT. I was really sad to miss this event, but I have been loving hearing them learn each week and the staff involved shared how absolutely wonderful the children were. Thank you to all of the staff (and parents) who have supported their child learning an instrument.

Year 4 Multiplication Evening Information Session for Parents

Thank you to the parents who attended our Year 4 multiplication evening on Monday. This was an important information session which covered the national tests which all children in Year 4 undertake in June. If you missed it, please see the Year 4 class teachers who will fill you in and provide you with the necessary information.

EHPS are out and about!

Zoom! Space here we come!

On Tuesday, Year 5 and Red class zoomed off to the National Space Centre in Leicester. They had a fabulous, interactive time and the trip really complemented their current science learning all about Space.



Merry Christmas

On Wednesday, our Nest class visited Riverside Hub for their Christmas experience. They had a wonderful time and even got to meet the big FC!



Lastly, tomorrow is our school Christmas fete from 10am – 1pm. We have so many stalls and exciting opportunities – I do hope that you will be able to come along.

Have a lovely weekend

Ms Pennington

Staffing update

It is that time of year again where we have to say farewell to some of our amazing staff and welcome some new ones.

Firstly, the farewells



After 12 years with us, our wonderful Finance Assistant, **Laura Verrall** is leaving us to go travelling around Europe in her campervan with her husband and doggie! Whilst, I have done everything I can to keep Laura from leaving us, I can't compete with the open road and European living. Laura has been a silent strength of our school, supporting its finances and making sure the ship sales in the right direction. We will all miss her very much.

Caroline Adams, our Specialist Unit Teaching Assistant, has been headhunted to work for Mencap. Caroline is a truly brilliant TA and it is no surprise that she has been approached – they will be very lucky to have her! We have so much to thank Caroline for.

Then we have **Lisa Kelly**. Lisa has worked at EHPS since 2002 and has made the decision to retire. One of Lisa's superpowers is her ability to develop wonderful relationships with her class and she is undoubtedly the kindest, most creative teacher we have been lucky enough to have work with us. HOWEVER, whilst Lisa is retiring, I have been able to persuade her to not 'fully' retire and I am thrilled to say that she will be returning in January for 2 days a week, covering classes and leading art.

Welcomes



I am thrilled to welcome back **Leanne Atkinson** from maternity leave to the Specialist Unit. Leanne will work 3 days in Orange class with our wonderful Rebecca Forestall sharing the other 2 days. What a brilliant team! Cat Day will now be the full-time class teacher in Yellow Class.

Jo Weatherley has joined our Specialist Unit Teaching Assistant team, **Signija Kusimbetova** has joined our Lunchtime Supervisor Team and **Steve Foster** has joined us as our fantastic and highly skilled Site Supervisor.

Vacancies



As you will see, with some starters and leavers – plus us expanding our educational offer to your children - we have some vacancies. If you, or you know of anyone who may be interested in these roles, please click on this link for an application pack and more information:

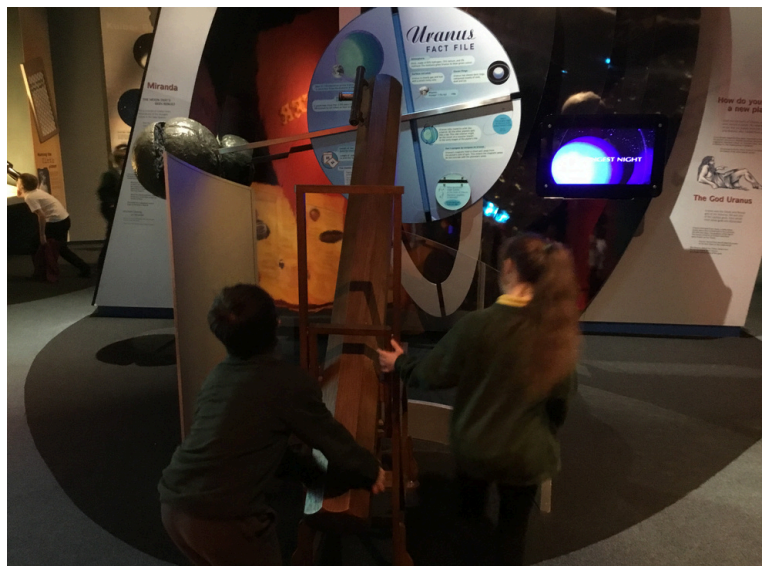
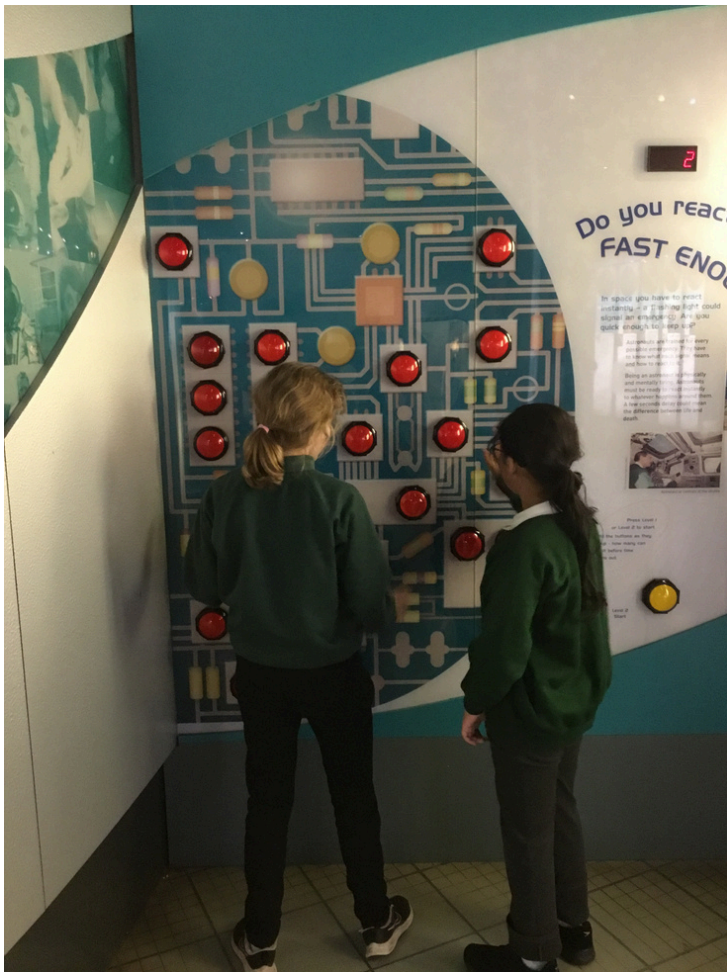
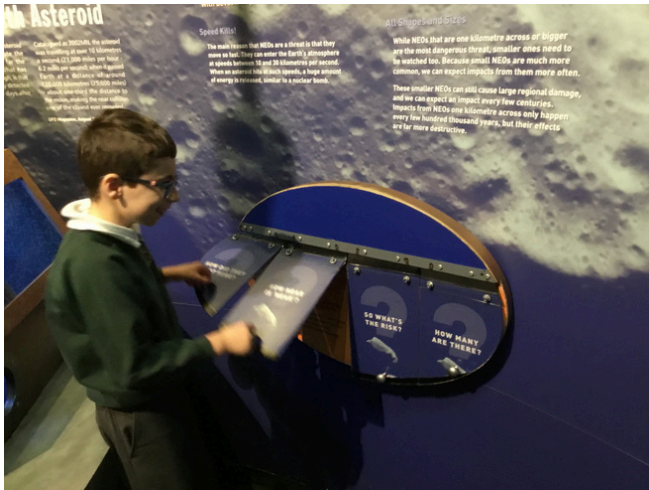
- Finance Assistant 32 hours a week (hours to be negotiated) Closing Date 9.00am on 6th January
- Part time Admin Assistant 8am - 11am - Closing date 9.00am on 16th December
- Assistant Site Supervisor from 3pm - 5pm - Closing date 9.00am on 16th December
- Full time Teaching Assistant in the Specialist Unit 8:30am - 3:45pm - Applications closed
- Part time 1:1 Teaching Assistant in the mainstream 9:30am - 12:30pm - Applications closed

SU NEWS - RED CLASS

Red Class have had a busy term so far. We really enjoyed exploring the past in History, looking at 1969 and the moon landing, as well as investigating some artefacts from the 1970s.

We also finished our Space topic with our trip this week to the National Space Centre in Leicester. We had a lovely time and learnt all about space travel, asteroids and meteors and how gravity can affect our weight!

We are looking forward to our RE afternoon on Friday to kick off our Christmas learning.



Rachel - Red Class Teacher



Changemakers Project Playground

**THE CHANGEMAKERS
NEED TO RAISE
£2,500 BY
CHRISTMAS. PLEASE
SCAN THE QR TO
MAKE A DONATION.**

December Issue



This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

[CLICK HERE FOR WEST NORTHAMPTONSHIRE'S NEWSLETTER](#)

Join our team



Assistant Site Supervisor

15 hrs per week
3pm - 6pm
Monday to Friday

Closing date 9am on 16th December



Finance Assistant

32 hrs per week
Hrs to be negotiated

Closing date 9am on 6th January



Admin Assistant

15 hrs per week
8am - 11am
Monday to Friday

Closing date 9am on 16th December



1:1 TA Mainstream

15 hrs
9.30 - 1.30
Monday to Friday

Applications closed



Specialist Unit TA

33.75 hrs per week
8.30am - 1.30pm
Monday to Friday





Applications closed

If you would like a tour of the school, please call the office on 01604 677970

We are expanding our team. Would you like to join us?

Click the link to visit our website and [download an application pack.](#)

EHPS HOUSE POINTS TOTALISER

	 Whittlewood	 Harlestone	 Everdon	 Salcey
This week	95	93	105	120
Grand total	1874	1580	1816	1664



WE ARE



SEED FREE

SCHOOL

*This includes chocolate spreads which contain nuts
and sushi which has sesame seeds*



Apply for a school place

Is your child's 4th birthday on or before 31 August 2025?

It's time to apply for a Reception place

Application Deadline: 15 January 2025

www.westnorthants.gov.uk/school-admissions

SCHOOL TRANSITION INFORMATION

Reception Places September 2025

For children who turn 4 from 1st September 2024 - 31st August 2025

Online Applications close • 15th January 2025 - Midnight

National Offer Day • 16th April 2025

PARKING

We have received several complaints from local residents about inconsiderate and dangerous parking this week.



- DO** park safely and considerately
- DO** be polite to our neighbours
- DO** be a considerate driver and put your children's and other parents' children's safety above everything else.
- DO** your best for your own children by teaching them about road safety.



- DON'T** park across driveways
- DON'T** park dangerously
- DON'T** park on footpaths
- DON'T** park on zigzag lines
- DON'T** block the road
- DON'T** park near roundabouts
- DON'T** park on dropped kerbs

SAFETY AROUND DOGS

Please share this advice with your child

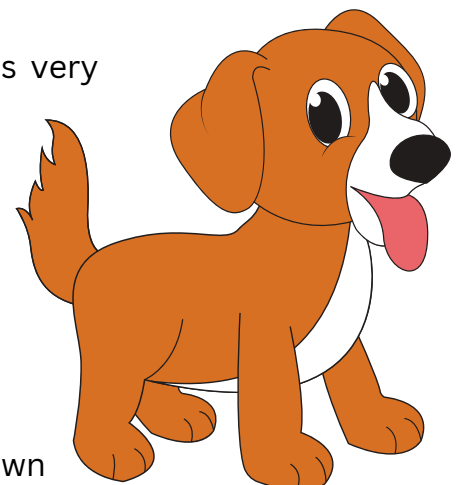
Always ask before approaching any dog. Ask the owner where on the body to stroke the dog.

- Never touch a dog that is left alone outside a shop or similar situation
- Don't enter a garden if a dog is loose, even if you know it
- Never run or shout around a dog. Always walk past calmly
- Do not hug a dog. How would you feel if a stranger hugged you?

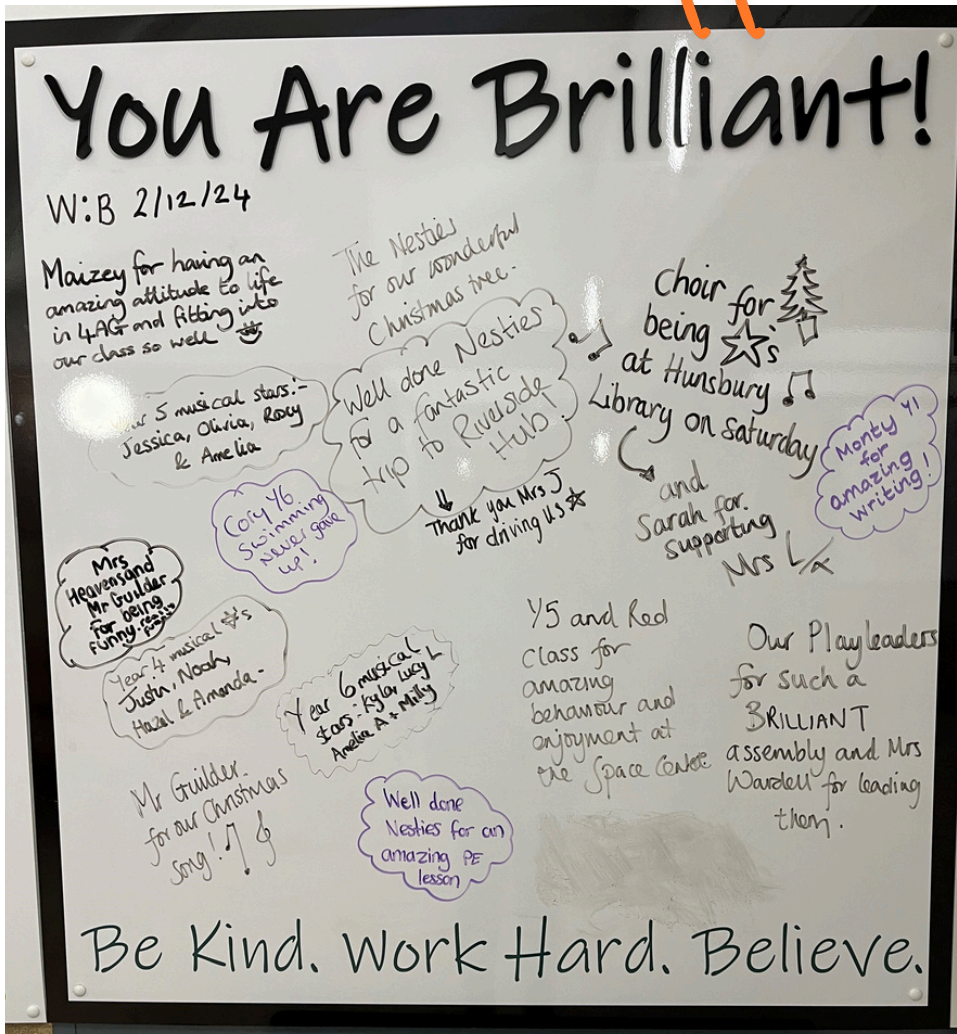
If a strange dog runs up to you or if the dog you are visiting is very excited to see you:

- Stand still
- Make no noise
- Drop food or toys you are carrying away from you
- Fold your arms
- Look away from the dog
- Move away slowly. Never run.

This will make you very boring to the dog and help him to calm down



Who's been brilliant this week



LAST CHANCE

Christmas Present Pick

Could you help us make this Christmas special for families in need by donating to The Spring Charity's Present Pick? Your generosity will bring smiles to children and families who might otherwise go without during the festive season. They need new, unwrapped gifts for children of all ages.

Please bring them to the school office anytime before 9am on 9th December



[Click here for more information about The Spring Charity](#)



East Hunsbury Primary School

What's coming up this

Christmas?

NOVEMBER

27

Walk in Wednesday
Christmas theme
8.30 - 9am

NOVEMBER

29

Mufti for Christmas
Hampers

NOVEMBER

30

Hunsbury Library
Festive Fair
11 - 4pm. EHPS Choir
singing 2 - 2.30pm

DECEMBER

4

The Nest to
Riverside Hub

DECEMBER

7

Christmas Fair
School Hall
10am - 1pm

DECEMBER

10

Reception & Blue
to West Lodge
Rural Centre
All day

DECEMBER

12

Nest/SU
Silent Disco
All day

DECEMBER

16

Reception Nativity
10 - 11am
2 - 3pm

DECEMBER

17

Whole school Christmas Party
Day with disco. Christmas
jumpers and party clothes can
be worn. Donations will not be
requested.

DECEMBER

17

Yr 1 Carols by
Twinklelight
6 - 7pm

DECEMBER

17

Christmas Lunch

Book on School Grid by
9am on 6th December

DECEMBER

18

Yr 6 Carols & Crafts
with parents

2.30pm - 3.30pm

DECEMBER

20

Super Special Secret
Performance 9am

Whole School

Attendance News

Whole school average attendance this week was

93.69%

We are aiming to be at **96% +** every week.

	Weekly Attendance	Year Group	Weekly Attendance
Reception	89.08%	1	96.43%
2	92.70%	3	97.13%
4	93.60%	5	94.67%
6	92.51%		

Walk in Wednesday dates

29.01.25	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
12.03.25	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
07.05.25	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
18.06.25	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant



E-Safety & Wellbeing



Online Safety Newsletter

Dec 2024

Talkie AI App

This app is rated as 17+ by the App store and 12+ by Google Play.

Talkie is an AI chatbot app. Users can use the app to create and interact with AI characters.

You should also be aware that this app includes in app purchases ranging from £4.99 - £49.99.

Talkie does offer a Teenager Mode; however, the content still may not be appropriate for your child. Bark reviews this app here, and recommend that your child should not be using this app:

<https://www.bark.us/app-reviews/apps/talkie-app-review>

Tips to help you talk about cyberbullying

Internet Matters have collated their tips to help you talk about cyberbullying with your child based on different age categories. The information is divided into four sections:

1. Before you start the conversation
2. Things to talk to them about such as how to deal with cyberbullying
3. What to do next
4. Where to get further help

<https://www.internetmatters.org/issue/cyberbullying/cyberbullying-conversation-starter-guide>

New Technology

With Christmas nearly here and with some children receiving new technology or related games, here is a quick reminder of the importance of setting up appropriate parental controls.

Games/Consoles

- Check age ratings: look at the PEGI rating of any new games.
- Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.
- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits and managing who they can communicate with. Follow the links below to find out how to set up Parental Controls for some devices here:

Xbox: <https://www.xbox.com/en-GB/family-hub>
PS5: <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>
Nintendo Switch: <https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewing and adjust privacy settings. Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:

iPhones/iPad: <https://support.apple.com/en-gb/105121>
Android Device: <https://support.google.com/googleplay/answer/1075738>

Why is it important?

Parental controls are important to help provide a safer experience for your child by reducing/preventing access to inappropriate content, cyberbullying, communication with strangers and restricting purchases.

Further information

You can find out more about parental controls here: <https://www.childnet.com/help-and-advice/parental-controls/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.12.24.



Contents



Setting up new technology



Roblox



Cyberbullying



Talkie Ai App

[Click here for more information](#)

What are the risks?



Quality & reliability



Data security



In-app purchases



Data & security

[Click here for more information](#)

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

- QUALITY & RELIABILITY**
Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute for the quality of some of these services is scarce. They may look nice and shiny, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?
- LACK OF PERSONALISATION**
Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practicing mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the rights of users and can offer extremely generic advice.
- DATA SECURITY**
As with any other app – not just those for mental health and wellbeing – it's vital to check out the privacy policy before downloading it. Some of these organisations may share data with third parties for marketing reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.
- IN-APP PURCHASES**
Many apps will provide their most useful features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. It's tempting to give in, or could they receive the same support from a medical professional?
- DISREGARDING APPROPRIATE SUPPORT**
Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. Whilst this is a good strategy initially, it's not addressing the root of the problem. A child could simply be managing these symptoms themselves (or approved by speaking to and seeking professional help), which could potentially weaken their ability in the long run.
- PLACE RESPONSIBILITY ON CHILDREN**
Some apps add the words 'self' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, specifically something along the lines of "Your child is going to go. Let them have it from here." It's important to be involved in the child's mental health journey, so regular check-ins are recommended.

Advice for Parents & Educators

- CHECK THE CREDIBILITY OF THE APP**
Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations. In those rare instances of legitimate resources, reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are also many that miss the mark.
- SEEK PROFESSIONAL SUPPORT**
Qualified mental health and wellbeing apps designed by qualified, regulated organisations can be used alongside the personalised support and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored support. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP, or Childline, who can be contacted by calling 0800 1111.
- READ THE PRIVACY POLICY**
Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go on to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an informed decision on whether or not to download that particular app.
- ENCOURAGE OPEN COMMUNICATION**
Mental health and wellbeing apps can be useful for setting down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about upcoming exams – and if there's no real support or professional help. It's important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the long term.

[VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION](#)

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

DATES FOR YOUR DIARY

Date	Activity	Time
DECEMBER		
07.12.24	Christmas Fair	10am - 1pm
10.12.24	Reception and Blue to West Lodge Farm	All day
13.12.24	Year 2 & Green Class Assembly	9.30 - 10.30am
16.12.24	Reception Nativity	10.00 - 11.00am 2.00 - 3.00pm
17.12.24	Year 1 Carols by Twinklelight	6.00pm - 7.00pm
17.12.24	Christmas Party Day (Christmas Jumpers and Lunch)	All Day
18.12.24	Year 6 & Red Christmas Carols & Crafts	2.30 - 3.30pm
JANUARY		
16.01.25	Census Day	
28.01.25	Yr 6 SATs Information meeting	4.30pm - 5.30pm
29.01.25	Walk In Wednesday Reading	8.30am - 9.00am
29.01.25	Yr 3 trip to Oxford Museum of Natural History	All day
FEBRUARY		
03.02 - 07.02.25	Childrens' Mental Health Week	
07.02.25	FEHPS Family Bingo Night	5.30pm - 7.30pm
11 & 12.02.25	Year 6 Parents' Evening	3.50pm - 6.30pm
13.02.25	Year 1 Phonics Test Information Meeting	4.30pm - 5.30pm

14.02.25	Year 3 & Purple Class Assembly	9.30 - 10.30am
MARCH		
5 & 6.03.25	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
05.03.25	SU Parents' Evening	3.50pm - 6.50pm
05.03 - 07.03.25	Bookfair	After school
12.03.25	Walk In Wednesday Easter Crafts	8.30am - 9.00am
17.03 - 21.03.25	Neurodiversity Week	
21.03.25	Chocolate Mufti	All day
21.03.25	Odd Socks Day for World Down Syndrome Day	
28.03.25	Year 1 Class Assembly	9.30am-10.30am
29.03.25	Easter Cafe	11.00am-1.00pm
APRIL		
02.04.25	Autism Awareness Day - Wear Blue (No Charge)	All Day
02.04.25	SU Show	10.00am-11.00am
22.04 & 23.04.25	Earth Days	All Day
MAY		
07.05.25	Walk In Wednesday Reading	8.30am - 9.00am
12 - 15.05.25	Yr 6 SATS	Mornings
15.05.25	Endangered Species Census Day	
22.05.25	Year 4 Spring Assembly	9.15am - 10.00am

22.05.25	Reception Sports Day	10.15am - 11.45am
22.05.25	Year 6 Sports Day	1.30pm - 3.00pm
23.05.25	Year 5 and Yellow Class Assembly	9.30am - 10.30am
JUNE		
02.06 - 13.06.25	Yr 4 Multiplication Check	
w/c 09.06.25	Yr 1 Phonics Check	
11.06.25	SU Sports Morning	9.30 - 11.30am
16.06.25	Class photographs	All day
18.06.25	Walk In Wednesday Science	8.30am - 9.00am
25.06.25	Yr 4 to National Gallery	All day
26.06.25	Sports Day Year 1	9.30 - 11am
26.06.25	Sports Day Year 2	1.30 - 3pm
27.06.25	Sports Day Year 3	9.30 - 11.00am
27.06.25	Sports Day Year 4	1.30 - 3.00pm
28.06.25	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	10.00 - 1.00pm
30.06 - 03.07.25	Yr 5 Bikeability	

30.06 - 04.07.25	Careers & Aspirations Week	
JULY		
04.07.25	Reception & Blue Class Assembly	9.30 - 10.30am
04.07.25	Brilliance Exhibition	TBC
08.07.25	Music Gala	5.30pm - 7.00pm
09 - 11.07.25	Yr 3 Residential Everdon	
10.07.25	Sports Day Year 5	9.30 - 11.00am
15.07.25	Yr 6 Leavers' Performance	6.00pm - 7.30pm
16.07.25	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
17.07.25	SU Yr 6 Leavers' Assembly	9.30am-10.30am
21.07.25	Year 6 Leavers' Party	7.00pm - 9.00pm
22.07.25	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am



EHPS Christmas Fayre
Sat 7th December
10am - 1pm

**External stalls - Name the teddy -
 Raffle - Chocolate Tombola - Games -
 Refreshments - and much much more**

Special performance by EHPS choir

Come and join the festive fun!

FREE ENTRY

EHPS Penvale Road, Northampton NN4 0QW - 01604 677970

St Benedict's Church NORTHAMPTON
 Come join your church celebrations
 'real reason for the season.'
 Further information can be found on our website.

Saturday 30th November 11am - 3pm
 Christmas Tree Festival

Sunday 1st December 7pm
 Official switching on - Christmas Tree Lights

Sunday 8th December 3.30pm - 5pm
 Family Fun event

Friday 13th December 7pm
 Christmas Choir concert



Sunday 15th December 10am
 Confirmation/Family service with Bishop Debbie

Tuesday 17th December 7pm
 Beer & Carols (The Collingtree Pub - NN4 0UE)

Wednesday 18th December 7pm
 Carols round the Christmas tree

Sunday 22nd December
 Christingle service - Briar Hill 3:30pm
 Lessons & Carols - St Benedict's 6pm

Christmas Eve 24th December
 Christingle service - St Benedict's 3:30pm
 Midnight Mass 11:30pm



Wednesday 25th December



Christmas Day
 10am Family service

www.stbenedictschurchnorthampton.uk

Mobile 07564 605275 (voice only, do not text)

vicar@stbens.uk or admin@stbens.uk

Parish of Briar Hill, Camp Hill, East, West
 Hunsbury & Hunsbury Meadows.

Families, Fun & Fellowship

St Benedict's church (NN4 9UG)

Sunday 8th December

3.30 - 5.00 pm

**Christmas gifts
 to be made..**

For all the family

Free event



Family Fun

We are holding an event to have fun, making things, and celebrate Christmas together.

Crafts, story and food, for families with primary aged children plus brothers and sisters.

Children must be accompanied by an adult.

For more information please our website or contact:
admin@stbens.uk or vicar@stbens.uk

stbenedictschurchnorthampton.uk

December Kindness 2024

SUNDAY

1 Spread kindness and share the December calendar with others

MONDAY

2 Contact someone you can't be with to see how they are

TUESDAY

3 Offer to help someone who is facing difficulties at the moment

WEDNESDAY

4 Support a charity, cause or campaign you really care about

THURSDAY

5 Give a gift to someone who is homeless or feeling lonely

FRIDAY

6 Leave a positive message for someone else to find

SATURDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2025



ACTION FOR HAPPINESS

Happier · Kinder · Together