



Friday 18<sup>th</sup> October 2024

## B Kinder Day

Dear Parents and Carers,

The world could certainly use a little more kindness, so the purpose of B Kinder Day is to discuss kindness, to empower children and show us all that our actions do matter and we each have the ability to make a difference. B Kinder Day is celebrated worldwide and encourages thoughtfulness and empathy.

An article from the Murdoch Children's Research Institute states that "With about 50% of mental health disorders beginning before the age of 14 years, prevention and early intervention are paramount if we want to reduce lifetime prevalence of mental health disorders and allow children to live their best possible lives".

The need for kindness has never been greater.

To support our wellbeing programs, KSPS are going to celebrate B Kinder Day on **Tuesday 29<sup>th</sup> October 2024**. During this day the children will be discussing what it means to be kind, how it feels to have kindness shown to you and they will also come up with some ways we can show kindness to others. All students will be making a card and writing to someone they care about. Students will then give the card to the person they have written to, increasing the ripple effect of kindness.

Our P&C will be selling some "kindness" merchandise during lunch and recess (for students to purchase) and again outside Room 1 from 2pm-3pm (for families to purchase) on the day. Please see the attached poster for the items which will be available.

We encourage all students to wear mufti on this day. We would like students to be as colourful as they possibly can on the day. Please be aware that students must wear closed in shoes and they must have their shoulders and midriff covered. Students **will not need** a gold coin donation.

Yours Sincerely,

Sandra Martin  
Principal

Michelle Looker  
Assistant Principal





KINGSWOOD SOUTH PUBLIC SCHOOL

# BE KIND



# DAY



\$2<sup>ea</sup>



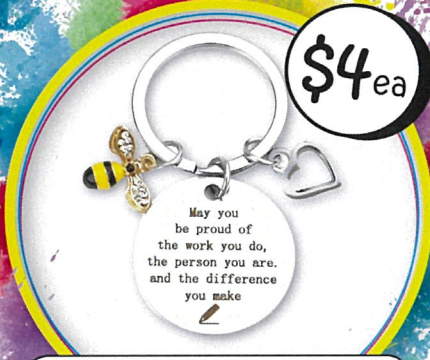
Croc Jibits

2 for \$1



Stickers

\$4<sup>ea</sup>



Be Kind Keyrings

\$5<sup>ea</sup>



Friendship Necklaces

\$3<sup>ea</sup>



Beaded Bracelets

\$3<sup>ea</sup>



Rubber Bracelets

\$4<sup>ea</sup>



Pocket Hugs

\$5<sup>ea</sup>



Bestie Bracelets

## P&C FUNDRAISER

29TH October 2024