

Wellbeing Update



December 2024

Northwick Park Primary & Nursery Academy

Kindness Week

During Kindness Week, 11th-15th November, the children spent time thinking about ways to display kindness to themselves and others. It provided the opportunity to promote acts of kindness to reinforce a core value within our school. The children completed a range of activities to highlight the importance of being kind not just during this week, but on a daily basis.

Caught Being Kind

The children have the opportunity to earn raffle tickets when displaying acts of kindness. Every week, during assembly, the children are invited to share ways in which they have earned a raffle ticket. Being helpful, kind and caring are just a few of the ways a raffle ticket can be earned. The raffle tickets are all added into the draw and prizes are awarded to the lucky winners!

Christmas can be a very busy, and sometimes stressful time of the year. Here are just a few ways to care for your well-being over the festive period.

We hope you have a lovely Christmas break.

