



# The Leys Primary & Nursery School

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Headteacher: Mrs D Khangura

*Learning Today . . . Leading Tomorrow*

Friday 15th September 2023

Dear Parent/Carers,

Last week, our staff had the pleasure of meeting with Greig Trout, Greig is a Health and Well-being Educator, 2 x cancer survivor and the founder of '101 Things To Do When You Survive'.

Greig truly blew the staff aware with his life story of being an ex-CSI, turned adventurer, who overcame significant physical and mental health challenges and went on to develop a career as an inspirational speaker. From singing on stage at the Sydney Opera House, to teaching English, and volunteering with remote communities in Nicaragua ...

Greig's wealth of life experience and passion for life not only inspired our staff but has shaped our focus on '**Kindness**' this term. Greig stated that acts of Kindness were a vital tool in overcoming his previous changes in his physical and mental health. Greig believes that kindness is a powerful agent for positive change, boosting children's mental and physical health.

At The Leys, we will be delivering lessons on Kindness, focusing on different acts of Kindness for Star of the Week. Each year group will be planning their own act Kindness Challenge. We hope that kindness demonstrated within our school will ripple out into our homes, the local community and ultimately the world.

At home, we ask you to support our school community by visiting the following and exploring the website with your child. <https://schoolofkindness.org/kids-club>

Greig has created a free online club, for children to share and celebrate their acts of kindness, they can earn badges, enter competitions and most importantly learn the importance of Kindness.

I look forward to hearing from our pupils their own acts of kindness.

Yours sincerely

*D Khangura*

Headteacher

Mrs. D Khangura

Empathy Inclusivity Respect Aspiration Determination Empowerment

