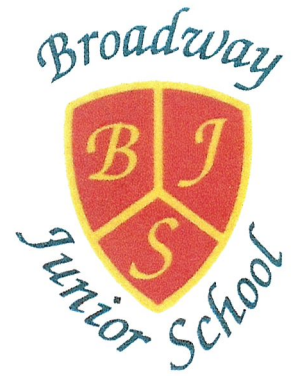


Broadway Junior School

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Headteacher: Mr. D Walton-Jonas
BA (Hons), PGCE, NASENDCo, NPQSL, NPQH



Work Hard | Be Kind | Shine Bright

Monday 3rd February 2025

Children's Mental Health Week

Dear Families,

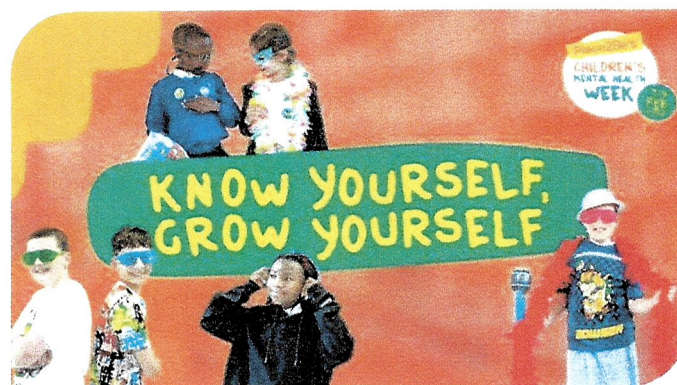
This week is Children's Mental Health Week. This year's theme is 'Know Yourself, Grow Yourself'. Overleaf, you will find a happiness calendar which promotes positive actions each day this month.

We hope this helps to promote positive connections between one another in the month of February.

Please use @BroadwayJuniors to share anything with us that you have done outside of school. Thank you.

Yours sincerely,

Mr. D Walton-Jonas
Headteacher



Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

FRIDAY



7 Show an active interest by asking questions when talking to others

SATURDAY

1 Send a message to let someone know you're thinking of them

SUNDAY

2 Ask a friend how they have been feeling recently

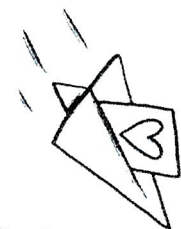
9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today



28 Give positive comments to as many people as possible today

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

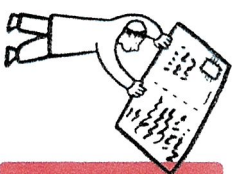
11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them



ACTION FOR HAPPINESS

Happier · Kinder · Together

