



NEWSLETTER

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DEAR PARENTS AND CARERS



Welcome to the final edition of our newsletter 2023. In this edition you will see how busy the last few weeks have been in school. We have celebrated with the class of 2023 during our **GCSE presentation evening**; many congratulations to all the students and particularly those that won one of the many awards.

We have continued to provide extra-curricular activities, trips and visits such as the VR session for Year 7, rewards trips for years 7-10, **Christmas Pantomime**, **Christmas Community Party**, **Halewood Town Councils Christmas Concert**, **sporting fixtures**, **LIVV Housing visit** and continued to support transition and work with our local primaries. This has all taken place since the last edition and whilst the **Year 11** students have undertaken their mock examinations. I am sure you will agree that all the students and staff deserve the Christmas break.

At **Halewood Academy** we always want to offer as much support and assistance to our local community as possible and I am pleased to say that our **'Pantry'** has been well received and will continue to be stocked in 2024. Please remember that we are now working closely with a local bakery. that are providing fresh baked goods that are free of charge every Tuesday. We also have financial support for families through our **Household Support Fund** – details of both of these are in this edition. We have also included helplines and support for well-being, as we always do, as we recognise that Christmas can be a particularly challenging time for some families; we hope you find this useful if required.



Merry Christmas

Mr Harrison is also writing to you with advice and support around mobile phones, substance misuse and attendance that I would like you to read and pay notice of. Your support in limiting phone use and ensuring your child(ren) are safe on-line will really support them and their education. **Mr Worrall** is also writing to you regarding about students readiness to learn which will be introduced to students during assemblies after the Christmas break. I would appreciate your support in ensuring the students have the basics for school such as; their bag, equipment, black folder and their timetable. This will really support their progress and I want you to support them in being prepared for school.

Finally, I wish you and your families a very Merry Christmas and a Happy New Year from all the staff, governors and trustees at **Halewood Academy** and across the **Wade Deacon Trust**.

All the very best for 2024,

Mr I Critchley
Principal



A GREAT PLACE TO BE A PART OF

KEY DATES 2023

Tues 19th Dec	CHRISTMAS PANTO
Wed 20th Dec	END OF TERM



SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL HEALTH

At the end of the Autumn Term and looking forward to our Christmas break from school we thought it would be useful to publish some contact numbers should you need to contact someone regarding the safety or welfare of a young person whilst school is closed.

- Childline 08001111
- NSPCC- www.nspcc.org.uk 08448 920 264 (Liverpool Office)
NSPCC Helpline 0808 800 5000
- cruse.org.uk- coping with a bereavement
- www.trusselltrust.org -foodbank
- Liverpool Social Care- 233 3700
- Knowsley MASH – 0151 443 2600
- <https://www.kooth.com/>

In addition to this may we also take this opportunity to remind students of some basics in terms of keeping themselves safe over the school holiday.

When out and about...

- ✓ Don't go out alone – there is safety in numbers
- ✓ Always let an adult know where you are going
- ✓ Never go anywhere with someone you don't know
- ✓ You can say 'no' if someone makes you feel uncomfortable or threatens or pressures you to do something you don't want to.

Staying Safe Online...

- 1) Private stuff needs protection (if you wouldn't want your parents or grandparents to see something, don't post it)
- 2) You can only really know someone if you know them offline (think about what 'a friend' means to you)
- 3) What you share will always be there (think before you post)
- 4) Not everyone online is who they say they are (remember that behind the screen it is easy to pretend to be someone you are not)
- 5) If something doesn't feel right, tell a trusted adult



HALEWOOD
ACADEMY



YEAR 11 LEAVERS - GCSE PRESENTATION EVENING

MONDAY 4TH DECEMBER 2023

It gave us great pleasure to welcome our Year 11 leavers back into Halewood Academy to collect their GCSE certificates and to celebrate with them and their families, their many and varied successes. All students had the opportunity to come to the stage for their achievements to be acknowledged and many achieved additional prizes for their consistent efforts and application towards their subjects and the wider school. *Congratulations to you all.*



HALEWOOD
ACADEMY



YEAR 11 LEAVERS - GCSE PRESENTATION EVENING



HALEWOOD
ACADEMY



Top Attainers

- K Mc Donald
- B Reid
- R Broadhurst
- E Cunningham
- J Fisher

Top Progress

- A Hartley
- J Doyle
- C O'Neill
- C Emakpor
- M McDonald

Attendance

Congratulations on Achieving 100% Attendance in year 11

Awarded to:

- J Doyle
- J Fisher
- S Garvey
- L Henaghan
- B McAlister
- M McCumiskey
- D O'Rourke

A Owen-Hodgson

Congratulations on 100% Attendance for all 5 Years whilst at Halewood Academy – A Superb Achievement

Awarded to:

- J Murray

Subject Awards

- History – J Doyle
- Religious Education – H Carberry
- Geography – J Fisher
- English – A Hartley
- Combined Science – R Broadhurst
- Separate Science - K McDonald

Thank you to everyone who attended, as your enthusiasm and praise contributed to a lovely evening and helped create a positive atmosphere for all.

Wishing you a Merry Christmas and a successful 2024.

Computer Science – B McAllister

Physical Education – B Svenson

Spanish – R Ordek

Maths – Kneale

Media Studies – J Midgley

Graphics – E Owens

Design Technology – J Norwood

Art – L Harvey

Photography – B Williams

Drama – R Longworth

Business and Enterprise – E Pierce

Health and Social – C O'Neill

Child Development and Care – E Rogers

Sports Science – E Bowman

Hospitality and Catering – H Lloyd

RACER Awards

- Respect – J Fisher
- Aspiration – K McDonald
- Collaboration – R Chodanker
- Excellence – R Longworth
- Resilience – A Dorricott

George Galbraith Award

Awarded to – B Simon

Megan Hurley Award

Awarded to – R Ordek



VIRTUAL REALITY VISITS HALEWOOD



HALEWOOD ACADEMY

Year 7 were able to take part in a virtual reality film which was an interactive session to choose your own path and experience that explored the reasons why young people may carry a weapon, and what the consequences of this might be. Forty Year 7 pupils were able to participate in this session earlier this term.

Halewood Academy’s Personal Development curriculum is responsive and dynamic to the ever changing picture of society around us and this event was conducted to educate young people about the dangers of knife crime, in an innovative and engaging way. It allowed a safe space for young people to explore the topic, ask questions and gain an understanding in how to make positive choices amongst professionally trained specialists. The virtual reality session covered themes of peer pressure, community, the police and risk taking behaviour. It aimed to explore, and raise awareness of, and dispel the myths to knife crime whilst looking at the impact this can have on young people, families and the wider community. The film used was age appropriate and did not show any weapons or scenes of violence and it was written and filmed by trauma informed specialists.

We would like to thank Mr Gabbidon-Thompson from the Community Cohesion team within Knowsley Local Authority for ensuring our students were able to participate in this.



Mr G Harrison
Vice Principal

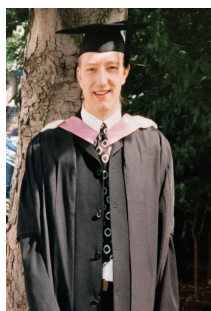
HALEWOOD ACADEMY STAFF JOURNEYS



HALEWOOD ACADEMY



Mr Rylands — PE Teacher/ KS2/3 Transition Coordinator



Education:

Childwall Comprehensive School
Liverpool Community College (1/2 HND in Sports studies – accepted to University with a distinction after year 1)
Liverpool Hope University - 2.2 BA Hons – “Sport, Health and Physical Education”
Liverpool John Moores University – “PGCE Physical Education”

Employment history:

Glass collector and Barman
AA – civil servant – issuing “Personal issue benefit payments”
Voluntary PE teacher at Childwall Comprehensive
PE Teacher at Alsop High school
Teacher at The Halton school (Special educational provision)
Halewood Academy

Greatest achievement:

My Children, and doing all the things that I have wanted to do so far in life!

Advice:

Treat people as you wish to be treated yourself! If at first you don’t succeed, try again and show resilience!



CHRISTMAS PANTO

'JACK AND THE BEANSTALK'



HALEWOOD
ACADEMY

Year 11 students performed their Christmas Pantomime production of 'Jack and the Beanstalk' to parents, staff and local primary schools within the area.

The evening was enjoyed by all and the students gave a exceptional performance and entertainment throughout the evening.





SPORTS UPDATE



A huge thank you to our ex pupil and @TranmereRovers goalkeeper @ConorRobson5 for coming into school and working with our young goalkeepers! It was an inspiring session that our students really enjoyed! You really motivated our students! Thank you and good luck for the season!"

Mr Rylands

PE Teacher / Student Mentor / KS2/3 Transition
Co-ordinator



LIVV HOUSING GROUP VISIT

During their Personal Development lessons which this half term focus on Living in the Wider World, Year 11 were given an experience like no other before. Halewood Academy were fortunate enough to secure the services of LIVV Housing Group to come into school and share the wide and varied roles that are available as employment and education opportunities within this company.

There were a range of roles that were shared from the obvious that link to restoration, repair and the new building of houses but also other roles such as Law, Data, Business Intelligence, Planning, Design, Community Networking, IT, Tax, Project Management, Mental Health, Wellbeing, Debt Management, Surveyor Roles, Communication, Marketing and Customer Services. It was incredibly important to show our students that all groups are represented within this sector particularly those of women, and one key message was that this company is not just about "muddy boots and men".

Students were able to ask questions of these employees at LIVV Housing Group who discussed their education at secondary school and college, the importance of qualifications, developing employment skills and how to access opportunities such as apprenticeships within the company. These sessions were bespoke to our community as the company will have apprenticeship opportunities in a number of months that our current Yr11 will be able to apply for.

Halewood Academy would like to thank all the staff from LIVV Housing who supported the event, those being:

Paul George, Fiona Mather, Tom Wilde, Katie Lenden, Tony Craig, Martin Thomas, Dave Egerton, Paige Nolan, Rachel Spencer, Ellie Moss, Craig Lawther, Jen McGuinness, Alise Sleaford, Lauren Terris Taylor, Alan Roach and Jo Hughes.

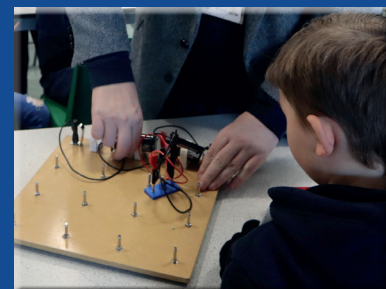
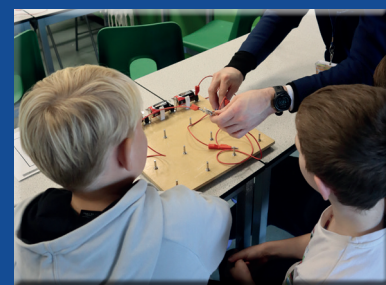


ST ANDREW'S THE APOSTLE YEAR 4 VISIT

In science, we have had Year 4 students visit from St Andrew's the Apostle using the scientific equipment and laboratories. The Year 4 students did a fantastic job investigating conductors and insulators by building their own circuits and testing various materials. They were then able to identify if these materials were conductors or insulators. It was great to meet you Year 4, well done for all of your hard work!



Mr J Kelly
Leader of KS3 Science



MCCF HUB GIRLS & BOYS



HALEWOOD
ACADEMY

YOUR INVITATION TO JOIN OUR MCCF HUB IN LIVERPOOL (GIRLS)

• **VENUE:** Taster: Firwood Bootle CC [L20 2DD]
Sessions: St Francis Xavier's College [L25 6EG]

• **DATES:** **Taster Session: Wednesday, December 20th at Firwood Bootle.**
U14s Sessions (Thurs/Fri, 6-8pm): 11th Jan, 25th Jan, 8th Feb, 23rd Feb, 8th March, 22nd March.
U16s Sessions (Thurs/Fri, 6-8pm): 18th Jan, 1st Feb, 15th Feb, 1st March, 15th March, 29th March.

ELIGIBILITY

Aged 11-16

Attend a state school

Committed to putting 100% effort into all training sessions

Does not currently play in a County Team




FOUNDATION



APPLY

Thinking about it? Email the Hub Manager for more info:

gpennington@lancashirecricket.co.uk

Ready to go?

Scan the QR code and register your interest by:

11th December 2023

WHAT IS AN MCCF CRICKET HUB?

MCC Foundation (MCCF) runs a network of more than 120 cricket Hubs serving some 4,000 young players across the UK. Our Hubs provide free-to-access coaching and match play for state-educated cricketers aged 11-16.

- Have fun whilst being supported to reach your full potential on and off the cricket pitch
 - 10 weeks of high-quality intensive cricket coaching during the winter
 - Match play and talent ID opportunities over summer
 - Cricket+ including S&C, mental health and nutrition support
 - Completely FREE to attend

info@mccfoundation.org.uk



YOUR INVITATION TO JOIN OUR MCCF HUB IN LIVERPOOL (BOYS)

• **VENUE:** Ian Robinson Sports Centre, Merchant Taylors' School [L23 0QP]

• **DATES:** **Mondays, 7-9pm.** Trial: Tuesday December 19th (held at Firwood Bootle CC).
U14s: 8th Jan, 22nd Jan, 5th Feb, 19th Feb, 4th March, 18th March, 1st April. U16s: 15th Jan, 29th Jan, 12th Feb, 26th Feb, 11th March, 25th March, 8th April.

ELIGIBILITY

Aged 11-16

Attend a state school

Committed to putting 100% effort into all training sessions

Does not currently play in a County Team




FOUNDATION



APPLY

Thinking about it? Email the Hub Manager for more info:

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 - Completely FREE to attend

info@mccfoundation.org.uk



SCHOOL BAGS

Students must not leave their bags and coats around school, particularly in the atrium area as they will be moved to lost property.

More and more students are leaving their bags lying around, particularly under the student reception window because they do not want to carry them around.

Please can you remind your child(ren) to keep hold of their bag around school. Coats should be placed in their bag or form room. It is their responsibility to look after their bag and not leave it unattended around school. Any bag or coat left unattended will be moved to lost property.



PANTRY UPDATE



HALEWOOD ACADEMY

We are so proud to see that the **Halewood Pantry** is supporting our families. The addition of fresh bread every Tuesday has taken the Pantry to the next level. We are supplying families with tinned/packet goods, tea/coffee/milk, cleaning products, toiletries and even pet food. You do not need to register/sign/give your details to use the pantry, its completely anonymous.

Please remember that the **Household Fund** is still available and applications are welcomed, please email householdsupport@halewoodacademy.co.uk to be considered.



----- Polite Notice -----

Halewood Academy has been made aware that some people are causing obstructions in the school car park and outside the premises, double parking, blocking disabled parking bays and stopping on double yellow lines to pick up and drop off students.

Please be considerate of other drivers and do not cause obstruction, and be particularly considerate to our disabled community, especially blue badge holders, who rely on the disabled parking bays in the school car park.

Many thanks for your co-operation.

Kind Regards
Halewood Academy



----- Polite Notice -----

COMMUNITY EVENTS AT HALEWOOD ACADEMY

During the Autumn term at Halewood Academy we saw a number of community and charity events. From our poppy appeal for Remembrance day, yellow spotty clothing for Children in Need, Christmas Jumper Day for Save the Children and then our Community Christmas Party, we collectively raised a great sum of money. We are proud of our community's efforts to support charities both nationally and locally as this truly embodies our core values of respect, collaboration and resilience. As a school we would like to thank you for enabling this.

The real showcase was our Community Christmas Party which saw the local Halewood Community Choir, Knowsley Chamber of Commerce, Cronton and Riverside College, Confucius Institute of Liverpool, Governors and Everton in the Community all come together to raise funds and enjoy a beautiful 3 course Christmas meal provided by our school kitchen. There was live music, a band and games hosted by the students of Halewood Academy. What is more poignant is that this was organised by our students for our community and they were able to invite their families too. It was their initiative and drive to host an event which was delivered by our Future Female Leader group. They are an absolute credit to the school and took on various roles such as waiting on, cleaning, service duties and entertainment.

We wish you all a very joyous festive period.

Mr G Harrison
Vice Principal

POPPY APPEAL THANK YOU



Can we thank all whom supported with this years Poppy Appeal and for supporting the Royal British Legion.

We received thanks from our local members of the community which we collected a total of £47.43.

This sum will go to support serving and ex-serving personnel all year round, every day of the week.

The support starts after one day of service and continues through life, long after service is over.

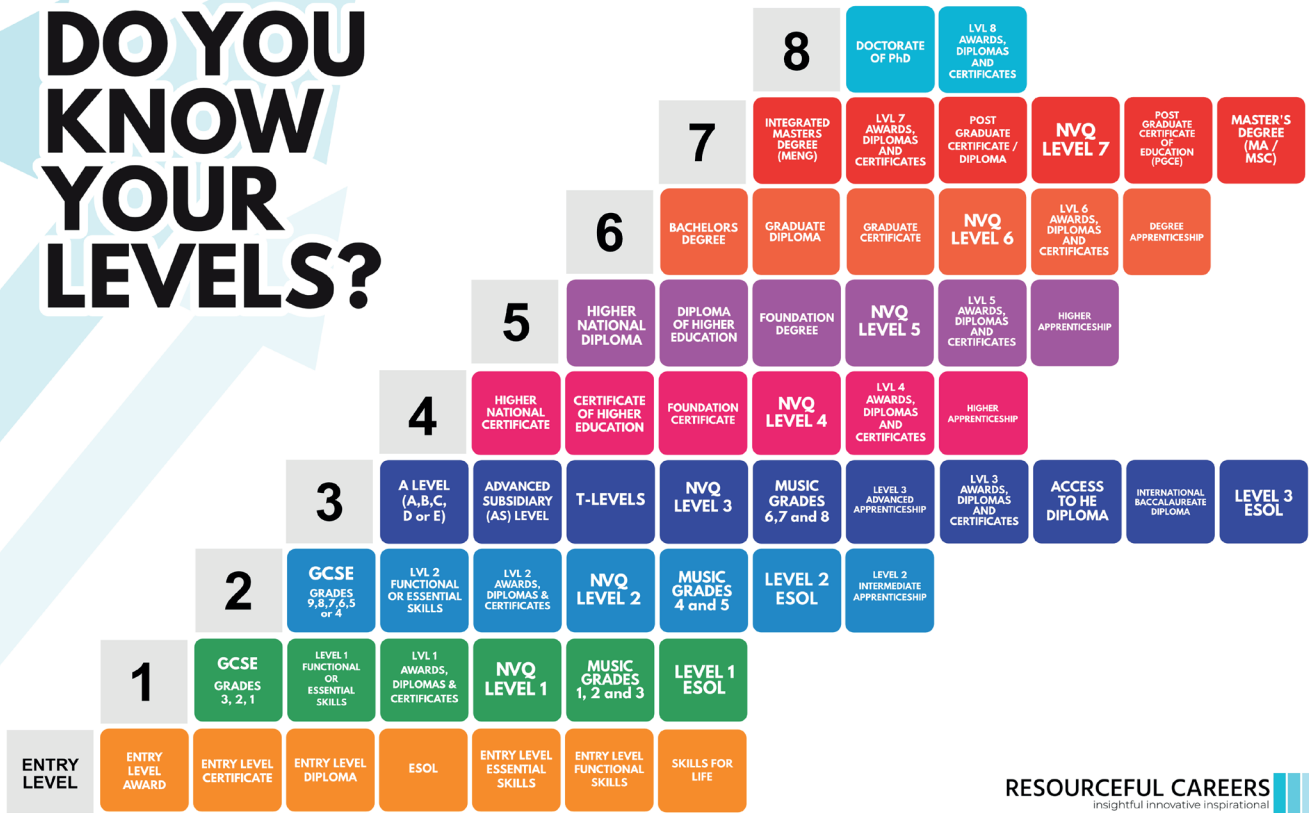


CAREERS & OPTIONS



HALEWOOD ACADEMY

DO YOU KNOW YOUR LEVELS?



RESOURCEFUL CAREERS
insightful innovative inspirational

CREATIVE & DESIGN

The arts world covers everything from film to fashion, music to computer gaming. While it's the artists and actors, musicians and models who take centre stage, they wouldn't be there without armies of assistants and teams of technicians

Imagination and a flair for English, art, music or a similar creative subject can help you succeed in the creative industries.

There are more than 3,000 creative apprenticeships in the sector—demand for places is very high!



GCSEs

- Art & Design
- English
- Maths
- Drama
- Music
- Computer Science
- Physics
- Product Design
- Graphic Design
- Food Technology
- Textiles

APPRENTICESHIPS AVAILABLE IN

- Visual Effects
- Papermaker
- Live Event Rigger
- Broadcast Production
- Blacksmithing
- Advertising and Marketing
- Craft and technical roles in Film and Television
- Creative Craft
- Costume and Wardrobe
- Interactive Design
- Digital Learning Design
- Journalism

JOB TITLES

- Animator
- Architect
- Art Therapist
- Arts Administrator
- Arts Exhibition Organiser
- Cabinet Maker
- Cartoonist
- Community Arts Worker
- Beautician
- Costume Designer
- Craft Worker
- Digital Imaging Specialist
- Fashion Designer
- Film or Video Editor
- Furniture Designer
- Games Designer
- Graphic Designer
- Illustrator
- Image Consultant
- Interior Designer
- Landscaper
- Make-up Artist
- Model Maker
- Photographer
- Painter
- Photographic Technician
- Set Designer
- Picture Researcher
- Product Designer
- Sculptor
- Sign-writer
- Tattooist
- Teacher
- Textile Designer
- TV or Film Director

A-LEVELS

- Art & Design
- English
- Maths
- Drama
- Music
- Computer Science
- Physics
- Product Design
- Graphic Design
- Food Technology
- Textiles

COLLEGE COURSES

- LEVEL 1, 2 & 3 COURSES AVAILABLE IN
- Art and Design
 - Information and Creative Technology
 - Media, Art and Design
 - Creative Digital Media Production
 - Creative Arts and Media
 - Popular Music Studies
 - Music Technology
 - Creative and Performing Arts
 - Computer Games Development
 - Computing and IT
 - Photography
 - Fashion Textiles

T-LEVELS

- Design, surveying and planning for construction
- Digital production, design and development
- Craft and Design
- Education and childcare
- Media, broadcast and production
- Design and development for engineering and manufacturing

UNIVERSITY COURSES

- BA (Hons) in Art & Design
- BA (Hons) in Fine Art
- BA (Hons) in Graphic Design
- BA (Hons) in Design for Art
- BA (Hons) in Design for Art
- Direction
- BA (Hons) History of Art and Design
- BA (Hons) in Fashion Design
- BA (Hons) in Digital Creative Industries
- BA (Hons) in Popular Music Studies
- BA (Hons) in Performing Arts
- BA (Hons) in Games Development



WINTER HOLIDAY KIDS' ACTIVITY CLUB



HALEWOOD ACADEMY



Winter Holiday Kids' Activity Club

Tuesday 2nd - Friday 5th January
9:30 am - 1:00 pm

Free for kids in Year 7
eligible for benefit related
free school meals

Children not on BRFSM
are charged £15 a day

Lots of fun and
winter themed activities

FREE healthy breakfast, lunches and snacks

Our 3 locations:

Academy International,
1 Garden Cottages, Eaton Road L12 3HQ

YPAS Plus South Hub, 35 Lyndene Rd, L25 1NG

St. Mary's Church, St Mary's Road, L19 0NE

For further information or working with us please contact:
info@academyinternational.co.uk



Please scan our QR Code here to register today!



Department for Education



EVERYMIND AT WORK



HALEWOOD
ACADEMY



You're not alone this Christmas



Text 85258
www.giveashout.org



0300 123 3393
www.mind.org.uk



0300 7729844
www.nopanic.org.uk



0800 58 58 58
www.thecalmzone.net



0808 808 4000
www.nationaldebtline.org



116 123
www.samaritans.org.uk



0808 808 1677
www.cruse.org.uk

4 TIPS ON HOW TO FEEL A LITTLE LESS LONELY THIS CHRISTMAS:

Limit your social media usage

Volunteer in your local area

Consider scheduling a call with family or friends

Have a look at what places are open near you

For more support organisations, you can find the Everymind Mental Health Support Directory on www.everymindatwork.com.

Don't suffer in silence.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

STAY SAFE ON NEW DEVICES

Whether you're an internet newbie or a pro at surfing the web, it's always important to keep online safety in mind. We've pulled together a list of top tips to make it easier for you to protect yourself and your devices in the digital world – helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!



NOS National Online Safety®
#WakeUpWednesday

MARVEL UNLIMITED ARRIVES AT THE LIBRARY



Marvel Unlimited has arrived at Halewood Academy Library!

That means that our students now have access to over **30,000** Marvel comics via our iPads! These comics span the entire Marvel Universe from the Avengers to the Xmen and Fantastic Four!

New issues, along with classics, are added every week to the app for students to enjoy!

AVAILABLE FROM: 5/12/23



T O BE CONTINUED...

NEW BOOKS AVAILABLE IN THE LIBRARY



@LRCHalewood



Maths Challenge
of the Week

N



Send your answers in to Miss Devonshire adevonsire@halewoodacademy.co.uk or to your progress leader.

NUMERACY

HALEWOOD ACADEMY

Top of the Rocks

HALEWOOD ACADEMY CHRISTMAS CHALLENGE

18 DECEMBER - 07 JANUARY 2024

* ANSWER AS MANY QUESTIONS AS POSSIBLE *
PLAY IN ANY GAME TYPE * THE WINNING CLASS WILL HAVE THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL *
ASK YOUR TEACHER FOR FULL DETAILS AND RULES *

TIMES TABLES
ROCK STARS



HALEWOOD
ACADEMY

A GREAT
PLACE
TO BE A
PART OF

ENGLISH HOMEWORK ON



Remember that English homework is set on Seneca **for all pupils** each week. Assignments are automatically linked to your school email address, you just need to go to www.senecalearning.com and enter your school email address and password. Then, click 'Classes and Assignments', then 'Upcoming Assignments' to access that week's work. If you can't remember your password, you can reset it by clicking the 'Forgot your password?' button and changing it via your email inbox. Any problems, speak to your English teacher or Ms Byron-Bentley. Details of all weekly assignments can be found on Instagram: @msbyronbentley or @halewoodengdept

Parents/Carers: Check your emails for details of how to sign up to Seneca for Parents and monitor your child's progress.

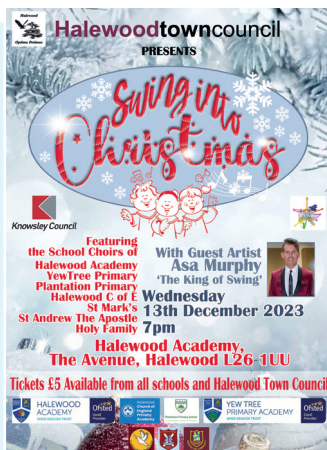
MEMBER OF THE WADE DEACON TRUST

WE SEEK THE BEST

'SWING INTO CHRISTMAS' CONCERT

Halewood Town Council in partnership with Halewood Academy presented a Christmas production 'Swing into Christmas' featuring the a number of school choirs including our own from of Halewood Academy.

The night was a great success, christmas songs were sung from a variety of choirs from schools within the local area. Special guest artists included Asa Murphy 'The King of Swing'.



WINTER HAF PROGRAMME

WINTER HAF PROGRAMME



AGES 11-16

FREE

HAF is designed to give children and young people, who are eligible for benefits-related free school meals (FSM), the opportunity to: eat, move, learn, create, and connect.



SHAKESPEARE NORTH PLAYHOUSE

Shakespeare North Playhouse
L34 3AB



WINTER HAF PROGRAMME

THU 21 DEC

Collage Calendars

FRI 22 DEC

Festive Fun

FRI 29 DEC

Spoken Word & Drumming
with Curtis Watt

TUE 2 JAN

Puppetry

WED 3 JAN

Den building with Cathy Cross



3-6PM

SHAKESPEARE NORTH PLAYHOUSE

Shakespeare North Playhouse
L34 3AB



HALEWOOD ACADEMY

December Kindness 2023



MONDAY

TUESDAY

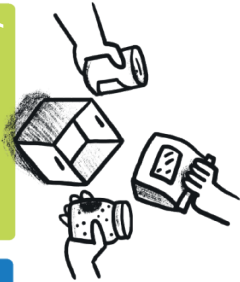
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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



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



6 Leave a positive message for someone else to find



7 Give kind comments to as many people as possible today

1 Spread kindness and share the December calendar with others

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

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

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 2024

ACTION FOR HAPPINESS

Happier · Kinder · Together

